

Food * Wellness * Living

Veggie

MARCH 2016

Fresh & Fabulous!

Jamie's salsa spaghetti

Deliciously Ella's veggie paella

The Hemsley's healthy Mexican

38

Recipes
you'll
love

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March

FOOD * WELLNESS * LIVING

Spring is almost upon us and frankly, it can't come soon enough! Out with the root **vegetables** and in with clean-tasting salads, fresh pastas and light lunches – not to mention spring **baking**; this is a brilliant time of year for veggies!

To kick off your new season, both **Deliciously Ella** and **The Hemsleys** are back with new recipes that are designed to make delicious healthy dinners even easier than ever, while vegan favourite Áine Carlin serves up **fresh** pestos for Sunday evenings, curries for Friday nights and a **fattoush** that makes the perfect take-to-work lunch.

Elsewhere **James Martin** is keeping things naughty with his indulgent puddings (Billionaire's Shortbread, anyone?) and we show you some unusual ways to use flowers in your home this season. Happy cooking!

EDITOR
FAE GILFILLAN



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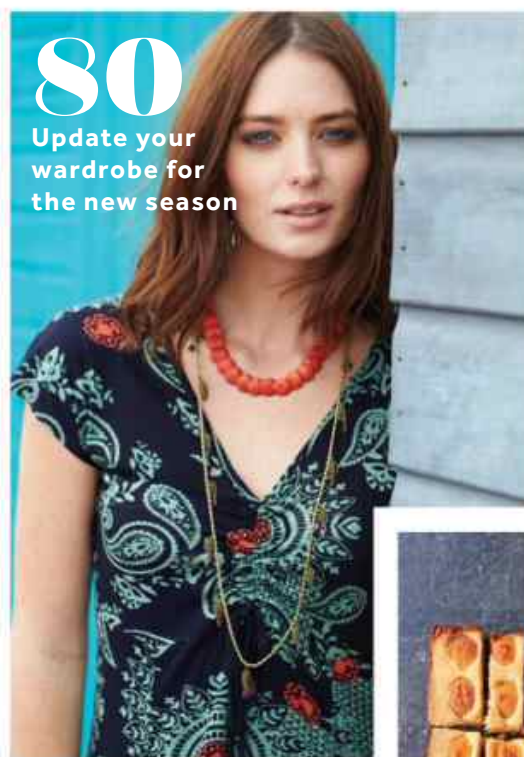
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COVER: *Slimming World's Best-Loved Extra Easy* by Gareth Morgans



“Healthy living has totally transformed my life”

The green queen of clean eating is back, but this time there's something different about her recipes...

If you know how to use a spiraliser and are a dab hand with a nutribullet, the chances are you'll be aware of Deliciously Ella. Blogger and Instagrammer, Ella Woodward is the healthy lifestyle guru who has rapidly become a clean eating sensation, boasting more than five million visitors to her blog every month. What's more, her first book, *Deliciously Ella*, became the fastest selling debut cookbook since records began – not bad at just 23 years old!

If you're not familiar with Woodward's story, allow us to get you up to speed. Ella's holistic approach to food came after a rare illness prompted her to completely overhaul her diet.

“I changed my diet in 2012 to try and heal a chronic illness called postural tachycardia syndrome,” she explains in her book, *Deliciously Ella, Every Day*.

But if you're thinking that the Deliciously Ella way of life is not attainable, her second book aims to quash any misconceptions that a healthy diet has to be difficult. “In this book I'll introduce you to more than one hundred of my staple dishes,” Ella reveals. “I've tried to keep things as quick and easy as possible, with minimal preparation time.” Want to know the secret to the Deliciously Ella philosophy? Put simply, incredible food that your body will love: “I believe that we should all try to nourish our bodies with plant-based food when we're at home.” Here, we've picked our favourite healing recipes from her latest book...

Chickpea and squash salad

E E F V F T GF

SERVES 1
READY IN 1 HR 20 MINS

FOR THE SALAD
120g chunk of butternut squash
1 tsp paprika

1 tsp dried mixed herbs
(I use herbes de Provence)
salt and pepper
olive oil
80g chickpeas, drained
and rinsed
½ tsp chilli powder
big handful of rocket (30g)
40g sun-dried tomatoes,
chopped

FOR THE DRESSING:

1 tbsp olive oil
½ tbsp apple cider vinegar
½ tsp turmeric
1 tsp honey

1 Preheat the oven to 220C/ 425F/ Gas 7.

2 Peel the squash, then cut it into small bite-sized pieces. Place on a baking tray with the paprika, mixed herbs, a little salt and olive oil. Bake for about 30 minutes, until tender.

3 Place the chickpeas on a separate baking tray with the chilli powder, toss well to coat and bake for 20 minutes, until they're firm but not too crunchy.

4 Mix all the dressing ingredients together, seasoning with a bit of salt and lots of pepper.

5 Once the chickpeas and squash have cooked and cooled, mix them with the rocket and sun-dried tomatoes, then pour on the dressing and toss everything together.

Per serving: 463 cals, 30.3g fat

Bright Pink Soup

E E F V F T GF

SERVES 1
READY IN 3 HRS 30 MINS

FOR THE SOUP:
1 small beetroot
2 medium potatoes
juice of ½ lemon



“The colour is so beautiful: insanely vibrant and pink, to the point that it’s hard to believe it’s natural, as it looks more like paint! I love topping my bowl with the roast potato croutons here, it adds a whole new level of texture and taste, plus it makes it more filling”

½ tsp chilli flakes
½ tsp ground cumin
1 garlic clove, crushed
1 tsp ground coriander
135ml coconut milk

FOR THE CROUTONS:

2 medium potatoes
olive oil
1 tsp chilli flakes
salt and pepper

1 Preheat the oven to 220C/425F/ Gas 7. Place the beetroot, skin on, on a baking tray and roast for about one hour, or until there are bubbles

under the skin.

2 Meanwhile, peel the potatoes for the soup, place them in a saucepan and cover with water. Bring to the boil, then reduce the heat and simmer for about 45 minutes, until really soft.

3 To make the croutons, chop the potatoes (no need to peel) into small, bite-sized pieces and place them in a baking tray with lots of olive oil plus the chilli flakes, salt and pepper. Bake for 45 minutes, until crispy outside and tender within.

4 When the beetroot is cool





TWEAK IT

If you don't have any squash then try using sweet potato instead, it tastes awesome in this.



TWEAK IT

If you want to make this heartier, stir in some boiled potatoes halfway through.



Recipes extracted from *Deliciously Ella Every Day* by Ella Woodward, out now (£20, Yellow Kite). Copyright Ella Woodward 2016. Photography by Clare Winfield.

enough to handle, peel the skin. Chop it in half and place it in a blender. Drain the boiled (soup) potatoes and add them to the blender with the lemon juice, chilli flakes, cumin, garlic, coriander and coconut milk, plus some salt and pepper. Blend until smooth; if you find it's too thick, add water until you reach your desired consistency. **5** Place in a saucepan and heat it up to the perfect temperature. Pour into a bowl and sprinkle with the roast potato croutons.

Per serving: 770 cals, 39.7g fat

Veggie Paella

E E F V F T G F

SERVES 4
READY IN 1 HR 45 MINS

2 red peppers, sliced
200g chestnut mushrooms,

chopped
300g frozen peas
200g green beans
2 tsp cayenne pepper
4 tsp paprika
juice of 3 lemons, plus more lemons to serve
olive oil
4 garlic cloves, crushed
salt
about 24 cherry tomatoes
1 tsp saffron threads
500g short-grain brown rice
400ml can of coconut milk
15g bunch of fresh coriander, finely chopped

1 Add the red peppers and mushrooms to a large saucepan with the peas, green beans, cayenne, paprika, the juice of one lemon, a generous amount of olive oil, the garlic and salt. Cook for about five minutes, until the

veggies are starting to soften.

2 Meanwhile, chop the tomatoes into quarters. Add the tomatoes and saffron to the mix, then, a couple of minutes later, stir in the rice and coconut milk, adding 700ml of water.

3 Place the lid on the pan and bring the paella to the boil, then reduce the heat to a simmer. Let it cook for one hour. Try not to stir it too much during this time, just every 20 minutes or so to ensure the rice isn't sticking to the bottom of the pan.

4 After one hour the rice should feel cooked but still a little al dente. Stir in the juice of the remaining two lemons.

5 Place the paella in bowls, with lemon wedges on the side, sprinkling the chopped coriander on top.

Per serving: 756 cals, 25.7g fat



LINDA
MCCARTNEY'S



DELICIOUSLY
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CLEAN PLATES

Hemsley + Hemsley are back! And this time the focus is on easy recipes you'll want to cook time and time again. You'll be glowing before you know it...





Huevos Rancheros with Guacamole

E E F V F T G F

SERVES 2
READY IN 30 MINS

4 large handfuls of spinach, roughly chopped
4 free-range eggs
1 large handful of fresh coriander, leaves and stalks roughly chopped
1 small handful of grated mature Cheddar

FOR THE TOMATO SAUCE

1 large onion, diced
1 tbsp ghee or coconut oil
2 garlic cloves, diced
2 red peppers, halved lengthways, deseeded and sliced into strips
2 bay leaves
1 tsp smoked paprika
a pinch of cayenne pepper or finely diced fresh red chilli, to taste
2 x 400g tins of tomatoes or 800g fresh tomatoes
200ml water (100ml if using fresh tomatoes)
sea salt and black pepper

FOR THE GUACAMOLE

1 large ripe avocado
1 tbsp extra virgin olive oil

juice of ½-1 lime
2 spring onions or 1 small handful of fresh chives, chopped
1 handful of fresh coriander leaves, chopped

1 First make the tomato sauce. Fry the onion in the ghee or coconut oil over a medium heat for about eight minutes, stirring occasionally, until softened.

2 Add the garlic, peppers, bay leaves and spices to the pan and cook for another two minutes.

3 Add the tomatoes and water, season generously with salt and pepper, then stir everything together and leave to simmer for 10 minutes until reduced to a thick, rich sauce.

4 Meanwhile, make the guacamole. Halve and stone the avocado, then scoop out the flesh and roughly chop. Place in a bowl and stir in all the remaining ingredients and some seasoning. Set aside.

5 Check the seasoning of the tomato sauce, adding extra salt, pepper and cayenne/chilli as needed, then stir through the spinach and cook for a few minutes until just wilted.

6 Use a spatula or spoon to make four wells in the tomato sauce

mixture and crack an egg into each. The eggs will poach in the sauce and cook in about four minutes (lid on) for set whites and runny yolks.

7 Scatter over the coriander and cheese. Serve immediately (as the eggs will keep cooking) with big heaped spoonfuls of guacamole on top.

Per serving: 677 cals, 48.7g fat

Green Goddess Noodle Salad

E E F V F T G F

SERVES 4
READY IN 25 MINS

300g buckwheat (soba) noodles
1 tbsp extra-virgin olive oil
300g broccoli florets or purple-sprouting broccoli, asparagus or green beans
1 medium green cabbage or pak choi, leaves finely shredded
1 medium fennel bulb, finely sliced
1 cucumber, halved lengthways, seeds scooped out with a spoon and flesh chopped
4 spring onions, finely sliced
1 large ripe avocado, sliced
2 handfuls of fresh greens (such as watercress, baby spinach, sliced lettuce or leftover cooked kale)
1 small handful of nuts (such as cashew nuts, peanuts or almonds) or seeds (such as sesame, sunflower or poppy seeds), preferably 'crispy activated' (see Masterclass)
4 large handfuls of fresh herbs (such as coriander, mint or basil, or a mixture), roughly chopped

1 Cook the buckwheat noodles in a large pan of boiling water according to the packet instructions (about seven minutes). Use two forks to tease the noodles apart during the first minute of cooking.

2 When they are tender, drain and rinse under cold water for 15 seconds. Drain again and then toss in the extra-virgin olive oil in a large serving bowl to stop the noodles sticking together. Set aside.

3 Using the same pan, after a quick rinse, steam the broccoli (or other vegetable), covered with a lid, in four tablespoons of boiling water for four minutes until tender.

4 Whisk all the dressing ingredients together in a bowl or shake in a jam jar with the lid on. Season to taste



with salt and pepper, then drain.
5 Add the raw vegetables, spring onions and avocado to the noodles with the greens and steamed broccoli. Pour over the dressing and mix everything together. Top with the nuts or seeds, toasted in a dry pan for a minute if you like, and the fresh herbs.

Per serving: 494 cals, 17.6g fat

MASTERCLASS

CRISPY ACTIVATED NUTS

By soaking nuts and seeds in salted water for eight hours, you 'activate' them making them easier to digest. Make your salted water by adding 2 tsp salt (per cup of seeds) to a bowl of water. Add your seeds and leave to soak for eight hours. For 'crispy activated' nuts and seeds, dry them out in a dehydrator for 12-24 hours at 45C or in the oven at 200C/400F/Gas 6 for 10 minutes. You can do this in bulk and store in an airtight container somewhere cool or in the fridge or freezer.

Cannellini Vanilla Sponge Cake with Chocolate Avo Frosting

E E F V F T G F

SERVES 25-30
READY IN 1 HR 20 MINS

FOR THE CAKE

125g butter or coconut oil, melted, plus extra for greasing
 3 x 400g tins of cannellini beans, drained and rinsed
 9 medium free-range eggs
 1 tbsp vanilla extract
 220ml maple syrup
 5 tsp apple cider vinegar or lemon juice
 90g coconut flour
 2 ½ tsp bicarbonate of soda
 ¼ tsp sea salt
 150g punnet of fresh raspberries, to decorate

FOR THE CHOCOLATE AVO FROSTING

4 medium ripe avocados

5 tbsp (about 75g) coconut oil, melted
 8 tbsp raw honey (to taste)
 10 tbsp cocoa powder
 1 tbsp vanilla extract
 2 tbsp lemon juice
 ½ tsp orange extract (not essence)
 a pinch of sea salt

1 Preheat the oven to 200C/400F/Gas 6, then line the bases of two 25cm-diameter cake tins with baking parchment and grease the sides with butter or coconut oil.

2 Blend all the ingredients for the frosting together in a food processor until smooth, adding a dash of cold water if needed. Taste, adjusting the flavourings to taste, then transfer to a bowl and set aside in the fridge.

3 For the cake, add the cannellini beans to the cleaned food processor bowl with the eggs, vanilla extract and maple syrup and blend until smooth. Add the remaining cake ingredients, except the raspberries, and blend to combine.

4 Divide the cake batter between the prepared cake tins, spreading out evenly and smoothing the surface. Bake in the oven for 35 minutes until well risen and lightly golden on top. (Check the cakes after 25 minutes and swap the tins between shelves, if necessary, as they will cook at different rates.)

5 Remove from the oven, transfer to a wire rack and allow to cool completely in the tins before turning out.

6 While the cakes are cooling, gently wash the raspberries and dry them carefully using kitchen paper or leave to air dry. (They must be thoroughly dry before adding to the cake.)

7 Spread half the frosting on one of the cooled sponges, top with the other sponge and spread over the rest of the frosting. Store in the fridge and bring to room temperature to serve. Decorate with the fresh raspberries just before serving.

Per serving (25 servings): 255 cals, 15.3g fat



BOOKSHELF
 Recipes from *Good + Simple** by Melissa and Jasmine Hemsley (£25, Ebury).
 Photography by Nick Hopper.

*Includes non-vegetarian content





THEO RANDALL'S

PASTA ENCYCLOPEDIA

It's out with the old and in with the new season's courgettes, and for Theo, there's only one sauce to serve these young vegetable with...

In late March, you start to get the first courgettes from Italy. This is always a welcome reprieve from the last few months of cabbages, squash and lots of root vegetables.

I like to celebrate this time of year with a very simple dish: Tagliatelle with Courgettes and Pesto. The basil pesto works so perfectly with the juicy courgettes and rich tagliatelle. The key to this recipe is to make a good pesto – quite loose and not too oily.

I was taught how to make this pesto by a chef called Lorenzo Shafini who is from the same region of Italy as pesto is. The recipe he used was no different from the one I'd been using for years, except in one vital way – the addition of water!

He made a paste with garlic and salt, then added the basil and pine nuts. Then he crushed this mixture to a fine paste using – and this is where that unique pesto ingredient comes in – a couple of tablespoons of cold water. 'The water brings out all the flavour of the basil,' he said, and he was right. It was the best pesto I've ever eaten.

For me, pesto has to be made by hand using a good old-fashion pestle and mortar. And, when a sauce is as simple this, there's really no excuse for not making it fresh every time you eat it.

TAGLIATELLE WITH PESTO AND COURGETTES

SERVES 4; READY IN 15 MINS

- 250g fresh or dried tagliatelle • 2 courgettes, cut into long strips **For the pesto:**
- 1 garlic clove, peeled • 150g basil leaves • 75g pine nuts, preferably Mediterranean
- 100g vegetarian Parmesan-style cheese, freshly grated • 5 tbsp extra virgin olive oil
- sea salt and freshly ground black pepper

1 First, make the pesto. In a pestle and mortar, crush the garlic with ½ tsp sea salt to a smooth paste. Add the basil leaves and pound them so the leaves turn to a pulp. Add the pine nuts and crush until smooth. Add 3 tbsp water to emulsify, then add the vegetarian Parmesan-style cheese. Finally, slowly work in the olive oil.

2 If you're using fresh pasta, cook it with the courgettes in a large pot of boiling salted water for about three minutes. If you're using dried pasta, cook it according to the packet's instructions,

adding the courgettes three minutes before it's due to be cooked. Whatever pasta you're cooking, it should still have a bite.

3 Meanwhile, warm half of the pesto in a frying pan.

4 Using tongs, lift the pasta and courgettes from the water and add to the frying pan. Toss with the pesto and 2-3 tbsp of the pasta water to loosen the sauce so it coats the pasta strands.

5 Check the seasoning, and serve with the remaining pesto on top.

Per serving: 639 cals, 40.2g fat

Illustration by Louise Abbott

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THE VEGAN PROJECT

Fall in love with veg this Spring with Àine Carlin's no-nonsense vegan recipes

Roasted Cauliflower Fattoush

E EF V F T GF

SERVES 2-4
READY IN 1 HR, 30 MINS

1 small cauliflower, broken into small florets
1 little gem lettuce
5-6 cherry tomatoes, halved
½ large cucumber, peeled, deseeded and cut into half moons
5-6 radishes, roughly chopped
2 pittas, toasted
30g fresh flat-leaf parsley
30g fresh coriander
15g fresh mint
sea salt and freshly ground black pepper

FOR THE CAULIFLOWER MARINADE:

1 tsp smoked paprika, plus extra to serve
1 tsp ground cumin
½ tsp ground cinnamon
½ tsp chilli powder
½ tsp allspice
pinch of cayenne pepper
juice of ½ lime
1 tsp agave nectar
½ tbsp olive oil

FOR THE CHILLI SALAD DRESSING:

1 tsp chilli paste from a jar (eg: sambal oelek)
1 tbsp red wine vinegar
1 tsp agave nectar
juice of ½ lime

3 tbsp olive oil

FOR THE TAHINI DRESSING:

3 tbsp hummus
2 tbsp tahini
1 tsp agave nectar
juice of ½ lime

1 Preheat the oven to 200C/400F/Gas 6. Place the cauliflower florets in a baking dish. Whisk the marinade ingredients together, along with some seasoning, to form a smooth paste and pour over the cauliflower florets. Toss together until everything is coated and bake for about 45 minutes or until nicely browned.

2 Put the lettuce, tomatoes, cucumber and radishes in a large bowl. Whisk the chilli dressing ingredients together and pour about one-third over the salad. Mix together.

3 Lightly toast or griddle the pittas and cut into triangular bitesize pieces. Drizzle over about one-third of the chilli dressing and add to the salad bowl.

4 Finely chop the parsley, coriander and mint together on a clean chopping board and sprinkle two thirds over the salad bowl ingredients. Gently mix.

5 Whisk the tahini sauce ingredients together with 60ml water until smooth, adding more water if necessary.

6 Remove the roasted cauliflower from the oven and lightly season

with some sea salt. Add to the salad and gently toss. Serve in a bowl, drizzle over the tahini dressing and a smattering of smoked paprika, and garnish with the remaining parsley, coriander and mint.

Per serving: 632 cals, 42g fat
(*based on 2 servings)

Green Lentil and Spinach Curry

E EF V F T GF

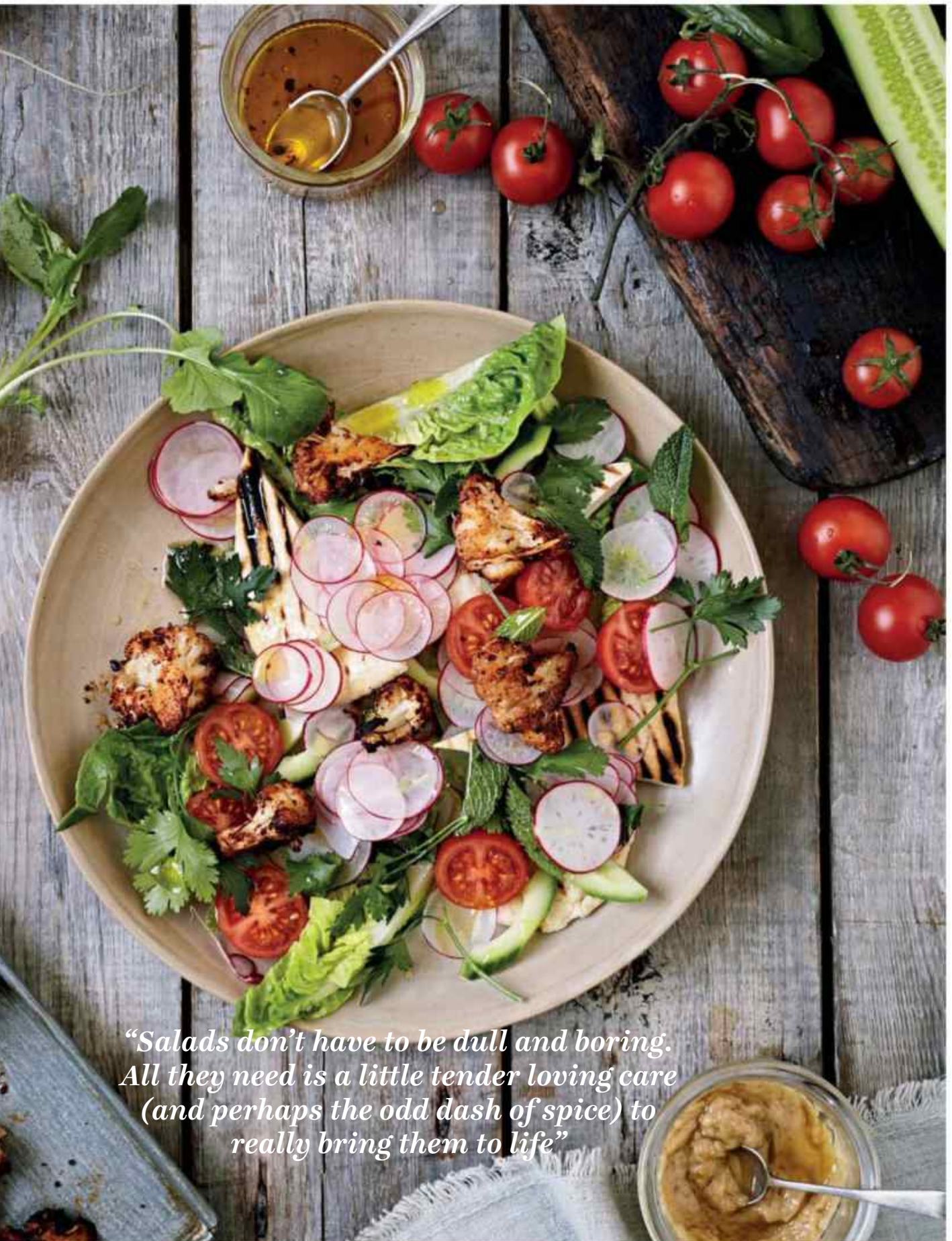
SERVES 2-4
READY IN 2 HRS, 20 MINS

1 tbsp coconut oil
1 onion, chopped
1 carrot, chopped
1 garlic clove
thumb-size piece of fresh ginger
1 red chilli
125g dried green lentils
400ml can coconut milk
½ gluten-free vegetable stock cube
1 tbsp tomato purée
150g spinach
30g fresh coriander, roughly chopped
sea salt and freshly ground black pepper
brown rice, to serve

FOR THE CUCUMBER AND COCONUT DRESSING:

¼ small cucumber
2 tbsp coconut cream
juice of ½ lime
1 spring onion, finely chopped
pinch of salt





“Salads don’t have to be dull and boring. All they need is a little tender loving care (and perhaps the odd dash of spice) to really bring them to life”



FOR THE CURRY POWDER:

3 cardamom pods
 ½ tsp garam masala
 ½ tsp palm sugar or other
 vegan sweetener
 a few black peppercorns
 pinch of cayenne pepper

1 First make the dressing: deseed and finely grate the cucumber, squeezing out any excess juice. Whisk together with the other dressing ingredients, but be sure not to over-season. Refrigerate until needed.

2 Next, grind the curry powder ingredients together in a pestle and mortar to a fine powder.

3 Heat the oil in a large heavy-based frying pan. Add the onion and carrot to the pan, season and sweat for several minutes until they begin to soften.

4 Using a knife, mince the garlic, ginger and chilli together on a clean chopping board and add them to the pan. Cover and sweat until fragrant before tossing in the dried lentils. Stir to coat and let the lentils absorb any flavours in the pan before sprinkling over the prepared curry powder. Cover and sweat for several minutes until the

spices become nicely toasted and the flavours have penetrated the veg and lentils.

5 Add the coconut milk, stock cube and 150ml water, cover and simmer gently over a medium heat for about one hour until the lentils cook through.

6 Stir through the tomato purée and boil the sauce, uncovered, for about 10 minutes to reduce before adding the spinach to the pan. Cover and let the spinach leaves wilt into the sauce.

7 Add almost all of the coriander to the pan, reserving a little for a garnish. Once the sauce has sufficiently reduced and the spinach leaves have wilted, serve over a bed of brown rice with a spoonful of the cucumber and coconut dressing.

Per serving: 882 cals, 51.2g fat
 (*based on 2 servings)

Super-Easy, Super-Green, Sunday Night Spaghetti

E E F V F T GF

SERVES 2-3
READY IN 45 MINS



This Hard Italian Style Cheezly from VBites (£2.29, Holland & Barrett) is dairy, lactose and casein-free, providing a tasty alternative for vegans. It's perfect for grating over pasta dishes.

200g wholewheat spaghetti
 100g green beans
 handful of fresh rocket
 balsamic vinegar
 extra virgin olive or flaxseed oil
 sea salt and freshly ground
 black pepper

FOR THE PESTO:

30g fresh basil leaves
 30g spinach
 2 tbsp mixed nuts (walnuts
 and pecans work best)
 juice of ½ lemon
 1 small garlic clove
 3 tbsp extra virgin olive oil
 3 tbsp flaxseed oil

1 Bring a large saucepan of salted water to the boil and add the spaghetti.

2 Place all the pesto ingredients in a food processor or mini blender and blend until smooth. Taste for seasoning and add a touch more salt and pepper if necessary.

3 Once the spaghetti has been boiling for about five minutes, add the green beans and cook for a further 4-5 minutes or until the pasta is al dente and the beans are cooked.

4 Retain a cup of the cooking liquid and drain the spaghetti. Return the spaghetti and beans to the pan, add the pesto and half the reserved cooking liquid and stir thoroughly to combine. Add more liquid if necessary.

5 Dress the rocket leaves in a little balsamic vinegar, oil and seasoning. Serve the spaghetti in warmed bowls and top each with a handful of dressed rocket leaves. Healthy comfort food ready to go!

Per serving: 838 cals, 54.9g fat
 (*based on 2 servings)

“I am by no means a curry expert. In fact, this recipe is a hotchpotch of various cuisines thrown together in one harmonious pot. Is it Indian? Nepalese? Who knows!”



Recipes from *The New Vegan*
by Aine Carlin (Kyle Books, £14.99).
Photography by Nassima Rothacker.

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VEGGIN' OUT

WITH LUCY PORTER

This month, the comedian reveals her mission for 2016. And it's going to be tricky...

Last year, my husband and I reached a climax together. Relax, it's not as sordid as it sounds. We merely reached a peak annoyance at 'Black Friday' – the festival of consumerism imported from America. Now, I love the USA, I love shopping and above all, I love Fridays, but the combination of all three into Black Friday seemed a little too much. Our otherwise sensible friends were sent into a crazed, drooling frenzy by the idea of buying a TV, mobile phone, thigh-master or the foot-smoothing Ped Egg for £1.50 less than it would have cost the day before or the day after.

A Canadian artist, Ted Dave, conceived the idea of 'Buy Nothing Day' as a reaction against the splurge of consumerism. I heartily endorse the sentiment. Justin (my husband) and I decided that not only would we embrace 'Buy Nothing Day', but we would take it further. In 2016 we would try hard to not by anything that was brand new.

REPAIR, REUSE, RECYCLE

This resolve was tested in the first month of the year, when our must-used and much-loved bread-maker broke down. I was tempted to suggest

abandoning our experiment and buying a new one. Instead, we decided to take it apart and see if we could fix it. Lo and behold we worked out what had gone wrong. A single pine nut jammed in the mechanism made the difference between bread and no bread.

ON A ROLL

Once we'd mended the bread-maker, there was no stopping us. So far this year, I have fixed up a broken colander, kettle and even (thanks to videos on YouTube), repaired the u-bend under the kitchen sink.

I have also been inspired to cook a lot more 'from scratch', I now know how to make pasta, pastry and have even developed my own pesto recipe (delicious, and as a bonus, it's vegan).

I know this is all sounding nauseatingly hippyish, but we have gained a deep satisfaction from solving problems without just throwing things away and running out to the shops. I have noticed that I even have a bit of money left at the end of the month as well – maybe I'll spend it all on this year's Black Friday on a Ped Egg...



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PYREX®

Spring forward

Fancy spring cleaning your diet this month? These cakes are all free from gluten, dairy and refined sugar – who said clean eating had to be boring?!



Amaranth, Berry and Banana Muffins with Buckwheat Streusel

E EF V F T GF

MAKES 12 MUFFINS
READY IN 1 HR 30 MINS
(PLUS 8-12 HRS SOAKING)

MUFFINS

75g amaranth grain
70g buckwheat groats
40g pumpkin seeds
40g sunflower seeds
25g flax seeds
150ml cold filtered water
75g buckwheat flour
½ tsp ground cinnamon
½ tsp ground mixed spice
1 tsp bicarbonate of soda (baking soda)
½ tsp baking powder
¼ tsp Himalayan pink salt
240g banana flesh (about 2 bananas), plus ½ banana for topping
finely grated zest of 1 orange
2 free-range eggs
70g coconut nectar
150ml (extra virgin cold pressed) rapeseed oil
60g dried cranberries, cut in half
60g raspberries, fresh or frozen
60g blueberries, fresh or frozen

STREUSEL

¼ tsp Himalayan pink salt
½ tsp ground cinnamon
½ tsp mixed spice
1 tsp coconut nectar

1 In a bowl, soak the amaranth for 8-12 hours or overnight in 150ml of filtered water with ¼ tsp lemon juice or apple cider vinegar. In a bowl, soak the buckwheat groats and all the seeds for eight hours or overnight in 350ml of filtered water with ¼ tsp of Himalayan pink salt.

2 Drain the amaranth using a fine

sieve and rinse thoroughly under cold water, then put in a saucepan with the measured water. Bring to the boil and then turn down to a low heat until the seeds have absorbed the water, about 10 minutes, stirring occasionally. Leave to cool.

3 Meanwhile, drain the groats and seeds using a fine sieve and rinse thoroughly under cold water. Set aside 115g of the groat and seed mix for the muffins, and add the rest to the streusel ingredients, mix well and set aside. Preheat the oven to 170C/325F/Gas 3 and line a muffin tin with 12 cases.

4 In a small bowl, whisk together the buckwheat flour, cinnamon, mixed spice, bicarbonate of soda, baking powder and salt. In a large bowl, mash the banana well with a fork, leaving some small lumps for texture. Add the orange zest, eggs, coconut nectar, oil, all the berries, reserved soaked seeds and groats and cooled amaranth 'porridge' to the banana and mix everything together well. Fold in the dry ingredients until just combined.

5 Spoon the mix into the cases, making sure each muffin has a fairly even amount of berries. Top each muffin with a half centimetre slice of banana, pushing it down, then sprinkle the streusel equally over the top of the muffins.

6 Bake for 10 minutes, turn and bake for a further 10 minutes or until the muffins are golden brown and a skewer inserted into the centre comes out clean. Leave to cool for about 10 minutes in their tin then enjoy warm from the oven, with extra granola, fruit and natural yogurt, for breakfast. These keep in the fridge for up to five days and freeze well, too.

Per muffin: Cals 271, Fat 17.9g

Go-to Wholegrain Gluten-free Bread

E EF V F T GF

SERVES 8
READY IN 1 HR 25 MINS

25g buckwheat or brown rice flakes
150ml almond milk
1 tsp apple cider vinegar
90g teff flour
75g brown rice flour
75g buckwheat flour
1 tsp coarse sea salt, finely ground
½ tsp bicarbonate of soda (baking soda)
½ tsp baking powder
40g sunflower seeds, preferably soaked for eight hours or activated dried
1½ tsp rapeseed oil, plus extra for greasing
15g unsulphured molasses
½ tsp xanthan gum
2 free-range eggs

1 Preheat the oven to 170C/325F/Gas 3. Grease a 17 x 10 x 6.5 cm deep loaf tin with a little rapeseed oil, line the bottom with parchment and then cover the bottom and sides with the buckwheat or brown rice flakes.

2 Mix the almond milk with the apple cider vinegar to make a buttermilk-like liquid. Set aside. Combine the flours with the sea salt, bicarbonate of soda and baking powder and whisk lightly. Add the sunflower seeds.

3 Add the oil, molasses and xanthan to the milk and mix with a hand-held blender. Do not over-blend, you just need to pulse the blender a few times. Whisk in the eggs then add this mixture to the dry ingredients, stirring.

4 Pour into the tin, smooth the top with the back of a spoon and gently shake. Top with the remaining flakes, pressing them into the dough. Bake for 20 minutes then turn down the oven to 150C/300F/Gas 2 and bake for a further 10 minutes. Turn out the loaf, putting it upside down onto a baking tray, and bake for a final 10 minutes.

5 Enjoy this loaf when fresh, or it will keep for up to five days and freezes well too. It toasts superbly and I recommend toasting it to bring out its full flavour.

Per serving: 164 cals, 5.4g fat

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MASTERCLASS

ALMOND, HAZELNUT, PISTACHIO AND
CASHEW NUT MILKS

**MAKES 700ML ALMOND OR HAZELNUT
MILK AND 200G NUT MILK PULP/ MAKES
900ML PISTACHIO OR CASHEW MILK**

200g almonds, hazelnuts, cashew or pistachio nuts
600ml filtered water
½ tsp Himalayan pink salt

1 Soak the almonds or hazelnuts for 8-12 hours (or overnight), the pistachio nuts for 6-8 hours or the cashew nuts for 3-4 hours in 500ml of filtered water with 1 tsp of Himalayan pink salt.

2 Drain and thoroughly rinse the nuts in a colander or sieve under running water. Place them in a blender with the measured water and your preferred quantity of salt. Blend for about 20 seconds. Stop and repeat until the nuts are well ground and you have a creamy white milk. The pistachio and cashew milks do not need straining.

3 Fit a nut milk bag or a fine sieve fitted with muslin over a bowl or a jug and pour the almond or hazelnut milk through it. Rinse out the pulp in the blender with 50ml of filtered water and add it to the milk.

4 Squeeze the milk through the nut bag until just the pulp remains. You will be left with about 200g of pulp. Do not throw this away as it can be dehydrated and stored in glass jars.

5 The nut milks will keep well in the fridge in an airtight glass bottle for about 4-5 days. If you want to make half a batch then just halve the quantities given above.

Per serving: 1,224, cals, 111.6g fat (*with almond)

Per serving: 1,300 cals, 127 fat (*with hazelnut)

Per serving: 1,146 cals, 96.4g fat (*with cashew nuts)

Per serving: 1,204 cals, 108.6g fat (*with pistachio nuts)

Lemon, Strawberry and Earl Grey Friands with Lemon Drizzle

E E F V F T G F

**MAKES 16 FRIANDS
READY IN 1 HR 30 MINS**

FRIANDS

90g non-hydrogenated dairy-free
butter

75g agave sugar

15g brown rice flour

15g sorghum flour

1 tbsp arrowroot

3 tsp Earl Grey tea leaves, finely
ground in a spice grinder

3 free-range egg whites

¼ tsp Himalayan pink salt

75g ground almonds

zest of ½ lemon, finely grated

16 small or 4 large strawberries,
quartered, about 125g glaze

2-2½ tsp lemon juice

6 tbsp agave sugar, sifted



Recipes taken from *Clean Cakes*
by Henrietta Inman. (Jacqui Small,
£20). Photography by Lisa Linder

1 Preheat the oven to 180C/350F/
Gas 4. Melt the butter and brush a
little of it over the friand moulds (or
a fairy cake tin) to grease them. Put
the rest of the butter to one side.

2 Sieve together the agave sugar,
flours and arrowroot. Mix in the
ground Earl Grey. Whisk the egg
whites with the salt until light and
firm using a handheld whisk or
freestanding mixer. Lightly fold the
flour mix and tea into the whisked
egg whites, followed by the ground
almonds (almond meal) and lemon
zest. Finish by carefully folding in
the melted butter until everything
is just incorporated, but do not
overmix.

3 Using a teaspoon, divide the mix
between the friand moulds. Do
not overfill the moulds – leave a
few millimetres between the top
of the mix and the mould. Finish
each cake with a small strawberry
or quarter of a large strawberry,

pressed down into the mix.

4 Bake for 10-12 minutes,
rotating the tray after 5-6
minutes, until the friands are
light golden brown and firm but
light to touch. Leave to cool for
about 10 minutes, then remove
from the mould and leave to cool
on a wire rack.

5 To make the glaze, stir the
lemon juice into the agave sugar
until smooth. Spoon teaspoons
of the glaze onto the friands,
picking them up and turning with
your hands so that the glaze
just falls over the edges. Serve
immediately. The glaze does sink
in after a while but the friands will
still have a lovely shiny finish.

6 Serve with a cup of Earl Grey
tea made with a slice of lemon.
These are best eaten fresh, but
will keep for up to three days in an
airtight container.

Per serving: 115 cals, 7.3g fat



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JAMIE'S PERFECT PASTA

Quick, easy and delicious – this simple salsa spaghetti from Jamie Oliver has everything you could want from a midweek dinner



Jamie's salsa spaghetti with black olives & fresh basil

E F V F T GF

SERVES 2
READY IN 15 MINS

160g dried spaghetti
300g mixed ripe tomatoes
6 black olives (stone in)

½ bunch of fresh basil
½ a clove of garlic
extra virgin olive oil
1 tbsp red wine vinegar
10g vegetarian Italian hard cheese

1 Cook the spaghetti in a pan of boiling salted water for 8 to 10 minutes until al dente, which means that it should be soft enough to eat, but still have a bit of bite and firmness to it.

2 On a large chopping board, chop the tomatoes. Bash the olives and tear out the stones, then add the olives to the pile of tomatoes.

3 Pick the basil leaves, reserving the smaller ones for later and throw the rest onto the pile.

4 Peel, chop and add the garlic to the pile, then run your knife back and forth through all of the ingredients, chopping and mixing as you go, until you get a rough-looking salsa.

5 Add a good lug of oil, the vinegar and a pinch of sea salt and black pepper, and keep chopping and mixing until well combined.



6 Scoop out and reserve a cupful of the pasta cooking water, then drain the spaghetti in a colander.

7 Pop the spaghetti in a large bowl, scrape in the salsa dressing, adding a splash of the reserved cooking water, if needed, to make a lovely loose sauce.

8 Sprinkle over the reserved baby basil leaves and add a grating of vegetarian Italian hard cheese before serving.

Per serving: 417.6 cal, 13.3g fat

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A CUT ABOVE

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Dinner IN A DASH!

If you rely on processed foods mid-week, these dinners are about to become your new favourites. Healthy, packed with flavour and ready in under 20 minutes – tuck in!

Edamame & Quinoa Salad

E EF V F T GF

SERVES 2
READY IN 20 MINS

200g uncooked quinoa
400ml water
100g edamame (soya) beans or peas, frozen or fresh
½ cucumber, cut into small chunks
1 large carrot, cut into long thin strips or strands with a julienne peeler or spiralizer
2 spring onions, finely chopped
100g cherry tomatoes, halved
1 quantity Thai Salad Dressing (see Masterclass)
10g coriander, roughly chopped
salt

1 Put the quinoa in a saucepan with 400ml water and ¼ tsp salt then bring to the boil. Reduce the heat to low, cover with a lid and cook for 10–12 minutes until just tender.
2 While the quinoa is cooking, cook the edamame beans or peas in a saucepan of salted boiling water for two minutes, then drain and refresh under cold running water. Prepare the salad vegetables.
3 Make the Thai salad dressing (see Masterclass).
4 When the quinoa is cooked, refresh under cold running water and drain well.
5 Mix the quinoa with the salad vegetables and coriander and stir in the dressing before serving.
Per serving: 477 cals, 0.7g fat

MASTERCLASS

Thai Salad Dressing

E EF V F T GF

SERVES 2
READY IN 5 MINS

4 tbsp lime juice
2 tbsp vegetarian oyster sauce
1–2 hot green chillies, chopped
1 tbsp agave syrup
1 garlic clove, finely chopped or crushed, or 1 tsp garlic paste
1 tbsp rapeseed oil

1 Put all the ingredients into a bowl and mix together well.

Per serving: 97 cals, 0.4g fat

1.5 lt boiling water
100g spring greens, shredded
150g frozen edamame (soya) beans or peas
juice of ½ lemon
black pepper

1 Chop the onion, leeks and mushrooms into small pieces in a food processor.
2 Heat the oil in a large saucepan and add the chopped vegetable mixture from the food processor, turmeric, salt and black pepper to taste. Stir well, cover and cook for a couple of minutes over a medium-high heat while you prepare the remaining vegetables.
3 Add the rice, stock cubes and courgette to the pan, then pour in the measured boiling water. Bring to the boil, cover and cook for 10 minutes (or according to the packet instructions if using a white and wild rice mixture).
4 Add the spring greens and beans or peas and cook for a further 2–3 minutes until tender.
5 Taste the broth, adding more salt if necessary, and squeeze over the lemon juice before serving.
Per serving: 289 cals, 1.6g fat

Seven-vegetable Soup with Rice

E EF V F T GF

SERVES 4
READY IN 20 MINS

1 red onion, peeled
2 leeks, trimmed and cleaned
150g mushrooms
2 tbsp groundnut oil
1 tsp ground turmeric
½ tsp salt, plus extra to taste, if needed
150g uncooked long-grain white rice
2 vegetable gluten-free vegan stock cubes, crumbled
1 courgette, cut into 1cm (½ in) chunks

“This is the dressing that makes salads sing with flavour”





160g (5 3/4oz) canned sweetcorn
2 tbsp water
2 tbsp soy sauce
1 tbsp vegetarian oyster sauce
1 tbsp lime juice

- 1 Soak the noodles in a bowl of boiling water for six minutes, then drain.
- 2 Heat one tablespoon of the oil in a wok, add the chilli and fry over a high heat for a few seconds. Add the garlic and fry for about 30 seconds, then add the egg and cook, stirring, until it is no longer wet and is starting to colour.
- 3 Remove the cooked mixture from the wok, give the wok a quick wipe with kitchen paper and return to the heat.
- 4 Heat the remaining tablespoon of oil in the wok, add the broccoli and stir-fry over a high heat for one minute, allowing it to char slightly.
- 5 Add the sweetcorn, measured water and the soy and vegetarian oyster sauces. Stir well and cook for a couple of minutes until the broccoli is no longer raw but still has some bite.
- 6 Return the egg mixture to the wok and add the noodles, then toss everything together well and cook for one minute to heat through.
- 7 Sprinkle over the lime juice and toss again before serving.

Per serving: 562 cals, 5.2g fat

Recipes taken from *Itsu 20-minute Suppers** by Julian Metcalfe and Blanche Vaughan (£18.99, Mitchell Beazley).
Photography by Tamin Jones.

Broccoli, Sweetcorn & Egg Noodles

E E F V F T GF

SERVES 2
READY IN 20 MINS

120g dried egg noodles
2 tbsp groundnut oil
1 hot red chilli, chopped
2 garlic cloves, chopped
2 free-range eggs, beaten
1 head of broccoli, broken into small florets

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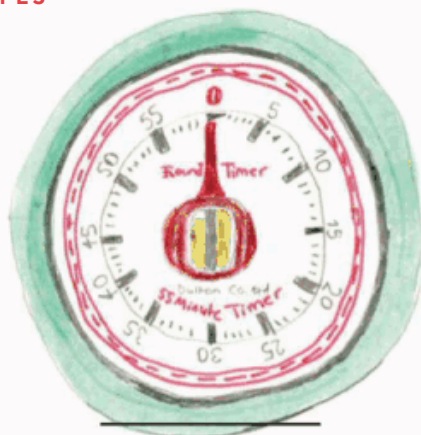
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EIGHT

10-minute recipes

When you've only got a few minutes to spare, these recipes will see you right

TOMATO & MOZZARELLA SALAD

Slice 2 x Aldi Cucina Mozzarella and 2 vine-ripened tomatoes and arrange on a plate.

Whisk together 6 tsp Solesta Extra Virgin Olive Oil with 2 tsp Solesta Balsamic Vinegar and season. Drizzle over the dressing and scatter with a small handful of basil leaves.

MINTED PEA BRUSCHETTA

Brush 8 slices of French bread with olive oil, then rub with garlic and sea salt. Griddle the bread in batches to toast both sides.

Spread with vegetarian green pesto. In a food processor, pulse together 300g peas, a handful of mint, 1 tbsp crème fraîche, a squeeze of lemon and most of 100g feta cheese and season. Spread onto the bruschetta with the remaining feta cheese and a sprinkle of smoked paprika.

COUSCOUS FRITTERS

Tip 200g Crazy Jack Organic Couscous and 50g sundried tomatoes into a bowl and add 200ml hot veg stock. Cover and leave for 5 mins. Add 2 beaten free-range eggs and stir.

Season, then add 2 chopped spring onions, 100g crumbled feta and 25g pine nuts. Heat 2 tbsp sunflower oil in a frying pan and shape the mix into four fritters. Fry each one for 3 minutes on each side and serve with a salad.

POMEGRANATE, FETA & ROMAINE FATTOUSH SALAD

Mix together 2 diced beef tomatoes, 12cm of cucumber (diced), 2 torn Romaine hearts and 160g diced feta. Next, whisk together 1 tsp sumac, the juice of 1 lemon and 2 tbsp extra virgin olive oil. Toast 2 wholemeal pitta breads and tear into bite-sized pieces, and mix into the salad along with the leaves from 4 sprigs of mint. Toss in the dressing and sprinkle over a 220g pack pomegranate seeds to serve.

SOURDOUGH WITH CREAMED LEEKS & POACHED EGGS

Fry 4 sliced leeks in olive oil for 5 mins. Stir in 200g crème fraîche, a pinch of nutmeg and season. Place 200g spinach in a bowl, cover with clingfilm and microwave on high for 1-2 minutes. Poach 4 free-range eggs and place the spinach on the sourdough toast, followed by the leeks and top with the poached eggs.

TENDERSTEM & BEETROOT SALAD

Mix together 2 tbsp rapeseed oil and the juice of ½-1 lemon, and season. Steam 200g halved Tenderstem for 3-4 minutes. Meanwhile toast 80g mixed seeds (eg sunflower, pumpkin, sesame) with 1 tbsp dark soy sauce for about 3 mins. Arrange the Tenderstem with 250g quartered ready-cooked beetroot on a plate, dress and sprinkle over the seeds.

PEACHY GOAT'S CHEESE BRUSCHETTA

Preheat your grill then toast 4 slices of sourdough bread. Spread with 4 tbsp mango chutney. Next, melt 40g butter in a frying pan and add 4 South African sliced peaches. Fry for 2 mins on either side. Share the fruit between the toast before topping with 200g sliced goat's cheese. Grill then top with a few rocket or basil leaves.

CHICKPEA & PINENUT WRAP

In a food processor, briefly blitz together 2 tins drained chickpeas, 2 tbsp allspice, 10 sunblush tomatoes, 2 garlic cloves, 2 tbsp yoghurt, a handful of coriander and flat-leaf parsley and 2 tbsp toasted pine nuts. Add the mixture to centre of 4 Mission Deli Wraps. Add watercress (dressed in lemon juice and olive oil) to the wraps and roll up.



The Sweet Spot

The king of classics returns and this time, **James Martin** is serving up an addictive end to any weekend dinner



Churros with Peaches and Custard

E EF V F T GF

SERVES 4
READY IN 40 MINS

FOR THE CUSTARD

5 free-range egg yolks
100g caster sugar
250ml milk
250ml double cream
1 vanilla pod, split and seeds scraped

FOR THE PEACHES

4 peaches, stoned and roughly chopped
25g caster sugar
75g unsalted butter
2 large sprigs of basil, leaves picked and roughly torn

FOR THE CHURROS

vegetable oil, for deep-frying
50g caster sugar, plus extra for dusting
75g unsalted butter
200g plain flour
¼ tsp baking powder

1 Start by making the custard.

Whisk the egg yolks in a bowl with half the sugar. Put the milk, cream and remaining sugar into a saucepan with the vanilla pod, set over a medium heat and bring to the boil.

2 When the milk is boiling, pour it onto the egg yolks, whisking all the time, then return the whole mixture to the pan and cook over a gentle heat, whisking occasionally until thick enough to coat the back of a wooden spoon. Strain into a bowl and set aside.

3 Put the peaches, sugar and butter into a sauté pan with 50ml of water and set over a medium heat. Add the basil leaves, cover and cook for 5-10 minutes until tender and softened. Place in a serving dish.

4 To make the churros, heat a deep-fat fryer to 150C/300F, or heat the oil for deep-frying in a deep heavy-based frying pan until a breadcrumb sizzles and turns brown when dropped into it. (CAUTION: Do not leave hot oil unattended.)



“It’s best to use a star-shaped nozzle to give the churros their distinctive shape – and also so that they can hold in more sauce. Make sure to use fresh oil when you fry the churros so you don’t taint their flavour”

5 Bring 250ml of water, the sugar and butter to the boil in a saucepan set over a medium heat. When boiling, add the flour and baking powder, and beat to a smooth batter. Remove from the heat and beat in the egg, continuing to beat until the batter is smooth and shiny.

6 Place a large star nozzle in a piping bag and fill with half the batter, then pipe directly into the fat fryer or frying pan in lines, cutting by dipping a pair of metal scissors into the hot oil, then snipping through the batter. Cook for 5-6 minutes until golden and crispy, then lift out and drain on kitchen paper. Repeat with the remaining batter. Toss the churros with caster sugar to coat.

7 Spoon the custard and peaches into separate bowls, then pile the churros on one big plate and tuck in!

Per serving (4 servings): 1,047 cals, 68.8g fat

English Apricot and Almond Bake

E EF V F T GF

MAKES 15 PIECES
READY IN 1 HR

375g shop-bought sweet pastry
200g unsalted butter, softened
200g caster sugar
3 large free-range eggs
200g plain flour
125g ground almonds
½ tsp baking powder
150g apricot jam
8 fresh apricots, stoned and quartered

1 Preheat the oven to 170C/325F/Gas 3. Grease and line a 30 x 23cm traybake tin.

2 Roll out the pastry to 5mm thick and about 2cm larger than your tin. Roll it onto the rolling pin, then roll it over the tin. Press gently into the corners, then trim the excess from the edges. Place in the fridge while you make the filling.

3 Place the butter and sugar in a food mixer or a large bowl, and beat for five minutes until light and fluffy, then beat in the eggs one at a time. Remove from the mixer and fold in the flour, ground almonds and baking powder.

4 Cover the pastry with the apricot jam, then spoon over the filling

and smooth out to the edges. Lay the apricot halves gently on top, in rows, and bake for 35-40 minutes until golden-brown and risen. A skewer inserted into the centre of the cake should come out clean; if it doesn't, return it to the oven for a further five minutes and repeat.

5 Leave the cake to cool in the tin, then cut into rectangles to serve.

Per serving: 408 cals, 23.4g fat

Billionaire's Shortbread

E EF V F T GF

SERVES 6-8
READY IN 1 HR (2 HR 30 MINS SETTING)

FOR THE SHORTBREAD
250g softened unsalted butter, plus extra for greasing
150g caster sugar
1 medium free-range egg
150g cornflour
300g plain flour

FOR THE TOPPING
300g caster sugar
175ml double cream
275g crunchy peanut butter
400g dark chocolate, roughly chopped

1 Preheat the oven to 180C/350F/Gas 4. Grease and line the base and sides of a 30 x 23cm traybake tin.

2 To make the shortbread, mix the butter and sugar together in a bowl with an electric whisk until softened and lightened in colour. Add the egg and whisk together, then fold in the cornflour and plain flour to form a soft dough.

3 Tip the dough out onto a lightly floured work surface and knead very gently until smooth. Press into the base of the prepared tin, spreading it evenly into the corners. Prick all over with a fork, then place in the fridge to rest for 15 minutes.

4 Bake for about 25 minutes until just lightly coloured and firm to the touch.

5 Meanwhile, make the topping. Put the caster sugar into a frying pan and heat gently, without stirring, until the sugar turns golden-brown and liquid. Whisk in the cream and cook until thickened and smooth, then whisk in the peanut butter – you want a



thick, light golden-brown mixture. Remove from the heat and leave to cool until the shortbread is out of the oven.

6 Pour the caramel over the shortbread, spreading it to the edges so there's an even layer, then set aside to cool for at least one hour.

7 Put the chocolate into a bowl set over a pan of simmering water until it has melted. Pour three-quarters of the chocolate over the cooled caramel topping, tipping the tray so that it coats all the caramel. Set aside at room temperature to cool for 30 minutes, then drizzle the remaining chocolate over the top. Set the tray aside until the chocolate has set – at least one hour.

8 Lift the shortbread out of the tin by the edge of the silicone paper, and cut into triangles to serve.


Per serving: 1,645 cals, 98.5g fat




BOOKSHELF

Recipes from *More Home Comforts**
James Martin (£20, Quadrille).


*Includes non-vegetarian content



"It was one of my chefs' ideas to call this billionaire's shortbread – because millionaire's shortbread is simply not a good enough name for this one"



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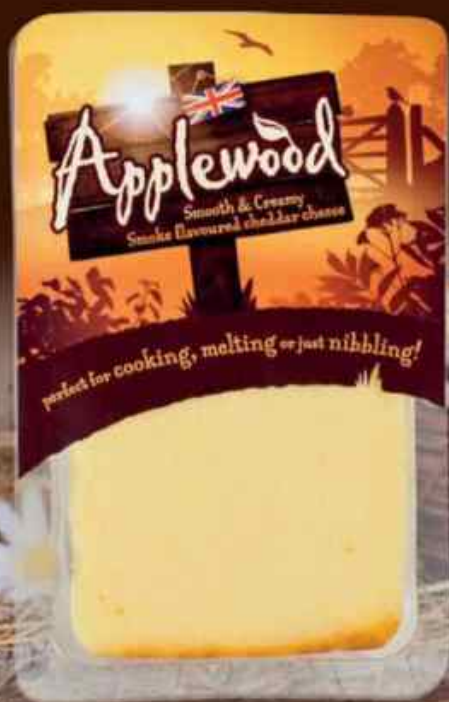


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If you only eat one thing this month...

NOTHING WELCOMES SPRING INTO THE KITCHEN LIKE A FANTASTIC ASPARAGUS RISOTTO – HERE'S THE BEST VERSION YOU'LL EVER MAKE...

Asparagus, Pea and Mint Risotto

E F V F T GF

SERVES 4
READY IN 40 MINS

1.5 lt boiling vegetable stock
low-calorie cooking spray
1 onion, finely chopped
2 garlic cloves, finely chopped
350g dried Arborio rice
200g asparagus tips, halved
large handful of shredded mint, plus more to garnish
4 level tbsp freshly grated vegetarian Parmesan-style cheese

1 Pour the stock into a saucepan over a low heat and leave it to simmer gently.

2 Spray a heavy-based, non-stick saucepan with low-calorie cooking spray and place over a medium heat. Add the onion and cook for 10 minutes or until softened. Add the garlic and rice and stir-fry for one minute to coat the rice well. Stir in the asparagus and peas.

3 Add a couple of ladlefuls of the hot stock and cook until the stock is absorbed, stirring continuously. Continue adding stock, cooking and stirring in this way for 20–25 minutes or until the rice is just cooked.

4 Remove the risotto from the heat, stir in the shredded mint and leave to rest for one minute. Scatter over the cheese and mint leaves to stir.

Per serving: 403 cals, 6.7g fat

Slimming World's Best-loved Extra Easy/Gareth Morgan.

All recipes are taken from Slimming World's collection. To discover more recipe inspiration, or to find your nearest group, visit slimmingworld.co.uk or call 0344 897 800.



WIN!

ONE OF FIVE KNIFE BLOCKS WORTH £199 EACH!

Now's the chance to have your say about the state of vegetarianism

Fancy getting your hand on one of ten stunning ProCook Elite Forged X70 Knife Sets worth £199? Simply tell us your favourites from the list of Veggie Awards-nominated companies opposite and send to the address listed, or visit vegetarianrecipesmag.com/awardsvoting to be in with a chance of winning.

A cut above the rest

We've teamed up with ProCook to offer ten lucky readers the chance to win the one thing every home cook dreams of – a set of professional knives. Oozing style and functionality, the set includes a 9cm paring, 13cm utility, 15cm chefs, 25cm bread and carving knife all housed in a beautiful glass and beech block.

These exceptional knives are at the pinnacle of knife performance and have a reassuringly weighty feel in the hand. Made from a single bar of German stainless steel, these substantial knives are hot forged and stone ground before finally being ice hardened to -70C for three hours for outstanding edge retention.

Also featuring triple rivet handles, ergonomically curved for comfort and including a 25-year guarantee, it's not surprising the ProCook Elite Forged range are favourite of Professional chefs and domestic cooks.

This five-piece set is housed in a contemporary glamorous glass and beech block exclusively designed in house and will most definitely be a talking point in any kitchen.

From the best

ProCook are a multi-channel specialist cookware company with 22 nationwide stores offering a full range of quality assured, own label, market leading cookware, knives, bakeware and kitchen essentials.

All its products have been carefully designed by in-house experts and manufactured to last a lifetime as supported by extensive guarantees. Head to procook.co.uk for the full product range.



VOTE HERE OR ONLINE TO ENTER

To be in with a chance of winning a ProCook Elite Forged knife set worth £199, complete the form below by selecting your favourite product or business from each category. If your favourite isn't there, tick the 'other' box and filling in the space provided. Send the completed form to:

Veggie Awards 2016, Marketing Department, 21-23 Phoenix Court, Hawkins Road, Essex, Colchester, CO2 8JY.
Or vote online at vegetarianrecipesmag.com/awardsvoting. Deadline for entries 22nd April 2016.

BEST READY MEAL BRAND

- ☐ Amy's Kitchen
☐ Linda McCartney
☐ Marks & Spencer
☐ Quorn
☐ Other.....

BEST MEAT REPLACEMENT

- ☐ Fry's
☐ Linda McCartney
☐ Quorn
☐ Taifun
☐ Other.....

BEST VEGETARIAN/VEGAN CHEESE

- ☐ Applewood
☐ Cathedral City
☐ Divo
☐ Violife
☐ Other.....

BEST VEGETARIAN SNACK OR CONFECTIONERY BRAND

- ☐ Goody Good Stuff
☐ Näkd
☐ Panda
☐ Quorn
☐ Other.....

BEST ONLINE RETAILER FOR VEGETARIANS

- ☐ Holland & Barrett
☐ Ocado
☐ Real Foods
☐ Tesco
☐ Other.....

Best Vegetarian Online Resource

- ☐ BBC Food
☐ Happy Cow
☐ Peta
☐ The Vegetarian Society
☐ Other.....

BEST SUPERMARKET FOR VEGETARIANS

- ☐ ASDA
☐ Ocado
☐ Sainsbury's
☐ Tesco
☐ Waitrose
☐ Other.....

BEST RESTAURANT CHAIN FOR VEGETARIANS

- ☐ Harvester
☐ Pizza Express
☐ Wagamama
☐ Zizzi
☐ Other.....

BEST VEGETARIAN/VEGAN COOKBOOK

- ☐ *Gino's Veg Italia!* by Gino D'Acampo
☐ *Plenty More* by Yotam Ottolenghi
☐ *River Cottage Veg Every Day*
 by Hugh Fearnley-Whittingstall
☐ *The Cranks Recipe Book* by David Carter
 Other.....

FAVOURITE VEGETARIAN PERSONALITY

- ☐ Alicia Silverstone
☐ Brad Pitt
☐ Linda McCartney
☐ Paul McCartney
☐ Russell Brand
 Other.....

READER'S CHOICE

- ☐ Linda McCartney Sausages
☐ Quorn Classic Burgers
☐ Quorn Mince
☐ Violife
☐ Other.....

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UNDER THE SHELL

Coconut oil is capable of making us feel revitalised, energised and inspired. **Optima** explains why it's taking the world by storm...

When you're looking for a fantastic coconut oil to use in your cooking, it's best to keep your eyes peeled for a variety which is cold processed and non-GM. Optima's Raw Virgin Coconut Oil is produced from raw, fresh, coconut flesh and not dried copra, which is usually filled with unhealthy chemicals and no nutrients. The oil is widely considered super nutritious food and is a delicious culinary ingredient and unlike most vegetable oils, coconut oil is resistant to the breakdown of fatty acid chains, even when cooked at higher temperatures. No wonder renowned chefs across the globe are championing it as one of the finest cooking oils you can use!

Simply spectacular

Optima's cold processing method ensures that the vital nutrients and delicate omega fats are kept intact, unlike many refined non-virgin coconut oils available on the market. Optima Raw Virgin Coconut Oil solidifies below 25 degrees centigrade, but above this temperature it will turn to liquid, which is a natural characteristic due to its fatty



acid profile. This makes it easier to pour onto your pan when cooking a healthy breakfast – it tastes wonderful when used to make an egg white omelette with plenty of shallots and spinach!

A noteworthy quality of the Optima Coconut Oil is that it can be used all over the body as a lusciously nourishing and moisturising beauty treatment. It also smells pretty amazing, too! A great way to apply it is to leave the jar in a sink of hot water and wait for it to melt, which will make it easy to remove and handle.

Know your coconut

A really important factor to take into consideration when buying a great coconut oil is to select a company who knows where its coconuts are grown and is open about the methods it uses to extract the oil. Optima's oil comes from coconuts grown in Sri Lanka and the Philippines – this is because

these countries produce varieties of exceptional quality compared to other areas, which seem to be using older, inferior nuts.

Care for you hair

Coconut oil is also widely used as a hair product due to the lipids it contains, which are great for maintaining healthy locks. Being a triglyceride of lauric acid, coconut oil has a high yield for proteins and is able to penetrate inside the hair shaft to reduce protein loss when used as a pre- and post-wash grooming product. This really helps it to protect hair by retaining the moisture and can increase glossy appearance and decrease nasty split end formation. Weak hair commonly causes plenty of frizz, but by maintaining moisture content the super oil can actually help to improve with appearance – it's a multi-purpose miracle!



FIND OUT MORE ABOUT THE RANGE AND ITS BENEFITS AT
OPTIMAH.COM



SUPER SPRING BOOST

A simple yet versatile mix of beetroot, wild rocket, spinach, baby kale, pepperpress and a baby chard, Florette's Superfood Salad is a fab base for salads and smoothies

£1.50, Waitrose

CHOCOHOLIC'S DREAM

Ditch the Easter egg and spring into summer with Vita Coco Chocolate. It's simply made from fresh coconut water, a dash of creamy coconut milk and finished with a generous pinch of cocoa powder

£1.69, Tesco



SQUIRREL NIBBLES

These yummy bars fit in with a number of lifestyles, such as paleo, gluten-free, vegan and they are completely raw and perfect for a midday snack!

£2.49, squirrelsisters.com

THE TOP UP SHOP

Our round-up of the best meat-free marvels to hit the shops this month!



ZING IT UP

The Ginger Zinger is enough to give you a real jolt and is a great alternative to caffeine-loaded coffees and energy drinks

£18, jameswhite.co.uk



COCONUT GOODNESS

Made with freshly pressed coconut cream and fermented with live dairy-free cultures, each pot of Koko Dairy Free has the true taste of silky smooth yoghurt

£1.80, Morrisons



GET GRILLING

Seasoned with cumin and cracked black pepper, these delicious falafels are made with quinoa, coriander and chickpeas – they taste gorgeous in a pitta with some avocado!

£2.95, Ocado

If you do one thing this month...

SWAP YOUR STRAW FOR A SPOON

Move aside avocado toast, so long bircher muesli – there's a new dish du jour on the breakfast menu. If you need your smoothie fix in the morning, we've got the scoop on the new way to blend and go; think fresh, moreish toppings upon a thick, blended base and you've got yourself a super smoothie bowl. We love this Cranberry and Orange version from Alpro:

TRY IT!

SERVES 1
READY IN 5 MINS

120g Alpro Plain with Almond
100ml Alpro Almond Original
70g frozen cranberries
1 small orange
½ a frozen banana
1 tbsp maple syrup
20g chopped, toasted pecan nuts
1 tbsp chia seeds (optional)

1 Zest the orange and place in a blender along with the cranberries, Alpro Plain with Almond and banana.
2 Cut the orange in half and squeeze into the blender, pour in the Alpro Almond Original and whiz until smooth.

3 Pour the smoothie into a bowl and sprinkle with the pecans and chia seeds if using, drizzle with maple syrup, and serve.



AMAZING GRAINS

Nutritious, delicious and oh so versatile – here are the (not so) new grains on the block...



Quinoa burger with portolello mushrooms

Quinoa Burgers with Portobello Mushrooms

E F V F T GF

MAKES 5
READY IN 1 HR 20 MINS

3 tbsp olive oil
1 onion, finely chopped
2 garlic cloves, crushed
75g canned black beans
120g cooked quinoa
100g cooked sweet potato flesh
1 carrot, grated
½ tsp ground cumin
½ tsp ground coriander
2 tbsp freshly chopped parsley
15g gluten-free breadcrumbs
5 portobello mushrooms

TO SERVE

a pinch each of sea salt and freshly ground black pepper
1 avocado, sliced
1 large tomato, sliced
1 gherkin, chopped
½ red onion, sliced
a handful of fresh coriander
1-2 tbsp squeezed lime juice

a baking sheet lined with baking parchment

1 Preheat the oven to 180C/ 350F/ Gas 4. Heat one tablespoon of the olive oil in a saucepan set over a medium heat. Add the onion and fry for about three minutes, until softened. Add the garlic and cook for another minute. Then add the beans, stir and cook for a few minutes longer. Remove from the heat and transfer the mixture to a large mixing bowl.

2 Lightly mash the beans with a fork until they're semi-crushed. Add the rest of the ingredients (except the mushrooms and remaining olive oil) to the bowl and mix well. If the mixture is too moist, add extra breadcrumbs. If too dry, add some more mashed beans.

3 Form five patties with your hands and place on the prepared baking sheet. Bake in the preheated oven for 20-25 minutes, checking after about 15 minutes and turning once

“Quinoa is moist and mixes with sweet potato and black beans to give a meaty consistency. Packed full of protein, iron and potassium, this recipe also gives you a boost of anti-oxidants for energy from the black beans”

to ensure even browning. Once cooked, remove from the main oven and keep warm in a cool oven or on a hot plate.

4 Increase the temperature of the oven to 200C/ 400F/Gas 6. For the mushroom base, clean the mushrooms with a damp cloth. Remove the stems and drizzle with the remaining two tablespoons of olive oil. Season with salt and pepper and roast for 20 minutes.

5 When ready to serve, place each burger on top of a roasted mushroom and garnish with your choice of traditional toppings.

Per serving: 211 cals, 12.6g fat

Power Protein Granola

E F V F T GF

SERVES 8
READY IN 1 HR 40 MINS

275g buckwheat
170g cooked quinoa
3 tbsp chia seeds
35g pumpkin seeds
40g almonds, roughly chopped
2 tbsp ground cinnamon
½ tsp grated nutmeg
1 tsp vanilla extract
60ml coconut oil
60ml maple syrup
dairy-free milk and fresh fruit, to serve

a baking sheet lined with baking parchment or foil

1 Preheat the oven to 180C/350F/ Gas 4.

2 In a large bowl, mix the buckwheat groats, quinoa, chia seeds, pumpkin seeds, almonds, cinnamon and nutmeg.

3 Put the vanilla extract, coconut oil and maple syrup in a saucepan over a low heat and allow to melt. Now pour it into the bowl of dry ingredients and toss to coat. Add 2-3 tablespoons of water if you prefer your granola a little less crunchy.

4 Spread the granola out on the prepared baking sheet, and don't worry if there are clumps. Bake in the preheated oven for about one hour. When it has cooled for a few minutes, break it apart into clusters. Store in an airtight container in a cool place for up to three weeks.

5 Serve with dairy-free milk and fresh fruit like antioxidant-rich blueberries.

Note: To prepare a basic cooked quinoa, put 210g quinoa in a frying pan with 240ml stock and 200ml water. Bring to the boil then reduce the temperature. Cover and simmer for 20 minutes. Uncover, fluff with a fork and set aside for five minutes before using.

Per serving: 331 cals, 15g fat



Power protein granola

“This is a salad of contrasts. Sweet and bitter, soft and crunchy, and a rainbow of colours. Bulgur is low in calories but high in fibre, so you’ll still feel full”

Crunchy Bulgur Salad

E EF V F T GF

SERVES 6
READY IN 45 MINS

250g coarse bulgur
200g fennel bulb, trimmed and finely diced
freshly squeezed juice and grated zest of ½ lemon
200g celery, thinly sliced on a

diagonal
100g dried pitted dates, roughly chopped
½ small radicchio, cored and leaves finely shredded
75g walnuts, roughly chopped
20g fresh flat-leaf parsley, roughly chopped
20g fresh mint, roughly chopped
sea salt and freshly ground black pepper, to taste

DRESSING

1 garlic clove
1 tsp sea salt
2 tsp pomegranate molasses
50ml olive oil
1 tsp ground cinnamon

1 Begin by making the dressing: crush the garlic into a paste with the salt in a pestle and mortar. Transfer to a small mixing bowl and whisk with the remaining ingredients. Cover and set aside.
2 Put the bulgur into a separate large mixing bowl. Add just enough boiling water to wet the grains but not to submerge them. Cover with clingfilm and set aside for 15-20 minutes, until just tender but still with a bit of bite. Drain off any excess moisture using a fine mesh sieve, if necessary.
3 Put the diced fennel in another large mixing bowl and dress immediately with the lemon juice and zest to prevent any discolouration. Add the remaining ingredients and the soaked bulgur.
4 Pour over the prepared dressing and season with extra salt and pepper, to taste. Serve on a large plate with salad spoons.
Per serving: 369 cals, 17.2g fat



Recipes taken from *Power Grains* (£9.99, Ryland Peters & Small)

Power Grains will be available to Veggie readers for the special price of £7.99 including postage & packaging (rrp £9.99) by telephoning Macmillan Direct on 01256 302 699 and quoting the reference GL1.

Crunchy bulgur salad



TASTE OF SPAIN

Bring a taste of Spain to your table with Linda McCartney's Vegetarian Chicken-style Paella (£2.49, Tesco) which is ready from freezer to plate in a matter of minutes.



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HEALTH BITES

The latest nutrition, fitness and wellbeing advice



SUPER SAP!

With the nation waging a war on nasty sugars, more and more foodies are looking for cleaner alternatives, like this lightly sparkling 'superwater'. Buddha Water includes a healthy dash of Scandinavian birch sap, known for its powerful, hydrating and detoxifying effects. A refreshing alternative to sugar-laden fizzy drinks, it comes in six zingy flavours, including Hibiscus and Mango. Time to look to the tree if you're going sugar-free!

buddha-water.co.uk



Beetroot Virgin Mary

SERVES 2
READY IN 5 MINS

- 1** Roughly chop 2 medium beetroots and 1 stick of celery.
- 2** Place 250ml Alpro Almond Unsweetened, beetroot, celery, 2 pinches of powdered garlic granules, 90g cherry tomatoes, juice of half a lemon and 1 inch of fresh horseradish in a blender and whiz until smooth.
- 3** Season to taste with celery salt, black pepper, Tabasco sauce and vegetarian Worcestershire sauce, then pour into glasses over ice and garnish with celery leaves.

Check out more tasty recipes at alpro.com/uk

BULBS TO BEHOLD



Garlic has long been considered an essential ingredient in the heart-healthy Mediterranean diet and was even prescribed by Hippocrates, the father of modern medicine. The remedy wizard was obviously onto something, as new research published in *Complete Nutrition* reveals that the pungent cloves can combat cardiovascular disease on at least five separate fronts. If taken in the concentrated form of a botanical supplement with a high allicin yield, it can lower threatening LDL cholesterol, bring down blood pressure and deliver a strong antioxidant effect. An ingredient that looks after our hearts? We're smitten! Pick up a 30 pack of Kwai Heart Care tablets for £5.10 from Boots.



Breakfast Table Saviour



It's important to start your day correctly; steer clear of that get-ready-in-five-minutes stress, stick on some uplifting tunes and make sure to enjoy a bowl of deliciousness. Your breakfast should always be a flavourful and revitalising experience, that's why we're loving Arla's Best of Both milk – a skimmed milk which has the taste and thickness of a fulfilling semi-skimmed. It's fat-free, pasteurised, filtered and enriched with naturally occurring milk protein, plus it has a real boost of flavour and texture which complements a bowl of crunchy granola perfectly.

Find a 2-litre bottle of Arla BOB in major supermarkets for £1.50.

CHOCOLATE AND WINE WELCOME!



Yep, this food plan really exists! Championed by elite athletes and celebrities like David Haye, Jodie Kidd and Lorraine Pascale, the Sirtfood diet is designed to switch on the so-called 'skinny gene' pathways in the body. Sirtfoods are a recently discovered group of everyday plant food, known as sirtuin activators, which engage with

these pathways which are usually switched on by fasting or exercise. The diet is all about inclusion, with coffee, red wine and chocolate being a few of its staple ingredients, along with kale, buckwheat, strawberries and green tea! Sign us up!

The Sirtfood Diet by Aidan Goggins and Glen Matten is out now and published by Yellow Kite.



CAN HERBS & SPICES HELP ME TO STAY HEALTHY?

"Not only are herbs and spices a great way to add more flavour to your food, they also offer many health benefits. Cinnamon can help to balance blood sugar levels; rosemary is good for circulation; garlic has antimicrobial properties; turmeric is anti-inflammatory. It's due to their high amounts of phytochemicals, which have a biological or physiological effect on the body. Use herbs to season your food, either fresh or dried, or in fragrant salads, juices and smoothies. Herbal teas can be helpful; chamomile for its anti-inflammatory and nerve relaxant properties, great for sleep; peppermint and fennel help relieve gas and bloating after eating, and to alleviate IBS; nettle is fantastic for detoxification; sage is beneficial for sore throats and menopausal flushes; green tea is very high in antioxidants."

YOUR EXPERT: Nutritional Therapist, Bernadette Keogh, trained at CNM (College of Naturopathic Medicine) naturopathy-uk.com



CARE + AWARE

Although nutrition can seem a bit of a minefield these days, what we do know is that we should aim to eat the right fats. The range from Udo's Choice – which this year celebrates its 20th anniversary – promotes the importance of these fats, with its complementary products which are designed to tackle the most neglected areas of nutrition in today's diets. The Ultimate Oil Blend is great for getting those essential healthy fats omega 3, 6 and 9, while Beyond Greens works wonders for skin and immune system and its Digestive Enzymes helps absorption of nutrients.

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Raw Extra Virgin Coconut Oil

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- ▶ A natural food supplement for health & wellbeing
- ▶ Highest stability coconut oil for all cooking & baking
- ▶ Use as a skin moisturiser and hair conditioner
- ▶ 100% Pure, suitable for vegetarians & vegans

TIANA Fair Trade Organics at www.tiana-coconut.com

Available from Holland & Barrett, Ocado, NutriCentre, As Nature Intended and all good independent health stores.

GO NUTS FOR COCONUTS

Whether you follow a vegan, vegetarian, paleo or raw diet, the **TIANA** range of coconut products can help you get an extra boost of goodness with absolute ease!



When you're scanning your favourite foodie blog or searching the shelves of your local health food shop, chances are you would've stumbled upon coconut oil and heard about the benefits it boasts. However, when concocting your latest veggie masterpiece, it's essential that you choose a variety of the best quality to really make your recipe sing.

No spoils with great oils

TIANA products have picked up many accolades since the successful launch of the Organic Extra Virgin Coconut Oil, which was recently voted number one oil in the UK by consumers. Since then TIANA Fair Trade Organics has established itself as a multi-award winning, ever-dependable brand with a huge amount of avid customers.

With an array of continuous awards

coming its way since 2010, from the likes of the Natural Beauty Awards, Great Taste and many more, the demand for the TIANA coconut range has surged and the portfolio has since expanded exponentially.

Health Boost

TIANA products are far more than just cooking ingredients, for instance, the coconut oil can be used in a variety of different ways and works wonders when applied to hair and skin. The range is completely raw, meaning products are packed full of more nutrients and goodness than most other coconut oils, which lose nutritional qualities during the production when high heat is needlessly applied.

TIANA Raw products are produced with an Absolutely No Heat method

during every stage of production, which results in a nutritional oil that's fantastic for giving you smooth skin and soft hair, as well as your diet. One spoonful of the coconut oil in the morning can give you an abundance of energy and nutrients to last you well into lunch!

Tropical Beauty

To complement the food and drink options, TIANA also has its own Beauty Sensations range, which specialises in 100 percent organic and Fairtrade beauty products – these have become bathroom stalwarts for health-conscious beauty fans everywhere.

TIANA Fair Trade Organic Superfoods are available to buy in Holland and Barrett, NutriCentre, Ocado, As Nature Intended and all good independent health stores nationwide.

FOR MORE INFORMATION VISIT TIANA-COCONUT.COM

Best On Test

This month we tried and applied our favourite veggie mascaras...

ARBONNE IT'S A LONG STORY MASCARA, £26, ARBONNE.COM

Tasha: "This mascara gave a very subtle, natural look that is great for daytime wear. I achieved lovely long lashes from such a thin coating of mascara."

Claire: "This was the best by far! It provided excellent coverage and separates your lashes with no need for an extra coat. I loved the packaging, plus the mascara is easy to apply with a comfortable wand."

Diane: "I loved the light coverage from this mascara; perfect for day wear and good for building up with layers. The firm bristles on the brush help to define the lashes. I love the packaging – it gave for a really premium looking product."

LUSH EYES RIGHT MASCARA, £12, UK.LUSH.COM

Tasha: "Although this mascara gave great coverage, both lengthening and volume, it was a little awkward to apply. The wand was smaller than the others and I found it slightly more difficult to use."

Claire: "I loved the size of the packaging; ideal for popping in your handbag. This mascara is perfect for lengthening and separating lashes, but it needed a lot of application for full coverage."

Diane: "I loved the brush on this mascara, it feels like it's combing through the lashes. The coverage is very natural and a great size for putting in your handbag."

NATORIGIN LENGTHENING MASCARA, £15.95, NATORIGIN.CO.UK

Tasha: "Perfect coverage, brilliant applicator, and the best part? It didn't smudge throughout the day and yet was still easy to remove. I loved this mascara!"

Claire: "This mascara gave fuller lashes with good coverage. It was certainly the best product for curling my lashes and it lasted a full day without needing to re-apply."

Diane: "This gave lovely light coverage, ideal for an au natural finish. The brush is large with dense bristles and it's great for sensitive eyes – no itching!"

BENECOS VEGAN VOLUME NATURAL MASCARA, £7.95, PRAVERA.CO.UK

Tasha: "I thought this mascara was great; it lengthened and added volume, but still left lashes feeling really light. The large brush did make applying to the smaller lashes a little tricky."

Claire: "This gave the fullest lashes out of the four but it wasn't the best for coverage. I needed several layers of application and the full brush often caused my lashes to clump."

Diane: "This was a fabulous mascara! It's great for building dramatic lashes, gives a really natural feeling and it's moisturising, too. This is definitely my new favourite mascara."

OUR PANEL



a night out!

Tasha Brown is from Suffolk: "My beauty bag essentials have to be mascara and BB cream. Plus, red lipply is a must for



huge fan of Neil's Yard Organic Hydrating products.

Claire Mitchell is from London: "I travel a lot with my job, so my beauty routine is simple but natural. I'm a



super-soft finish and helps my foundation last all day.

Diane Tebb is from Lincoln: "I love Superdrug's B Prepared Make-up Primer – it gives my skin a

Next month, we'll be testing out the best nail varnishes to treat your talons to. If you'd like to be a tester for us next month, we want to hear from you! Contact us on our Facebook page.



.....● Lush Eyes Right mascara



.....● NATorigin lengthening mascara



Editor's favourite!

.....● benecos Vegan Volume Natural mascara



.....● Arbonne It's A Long Story mascara

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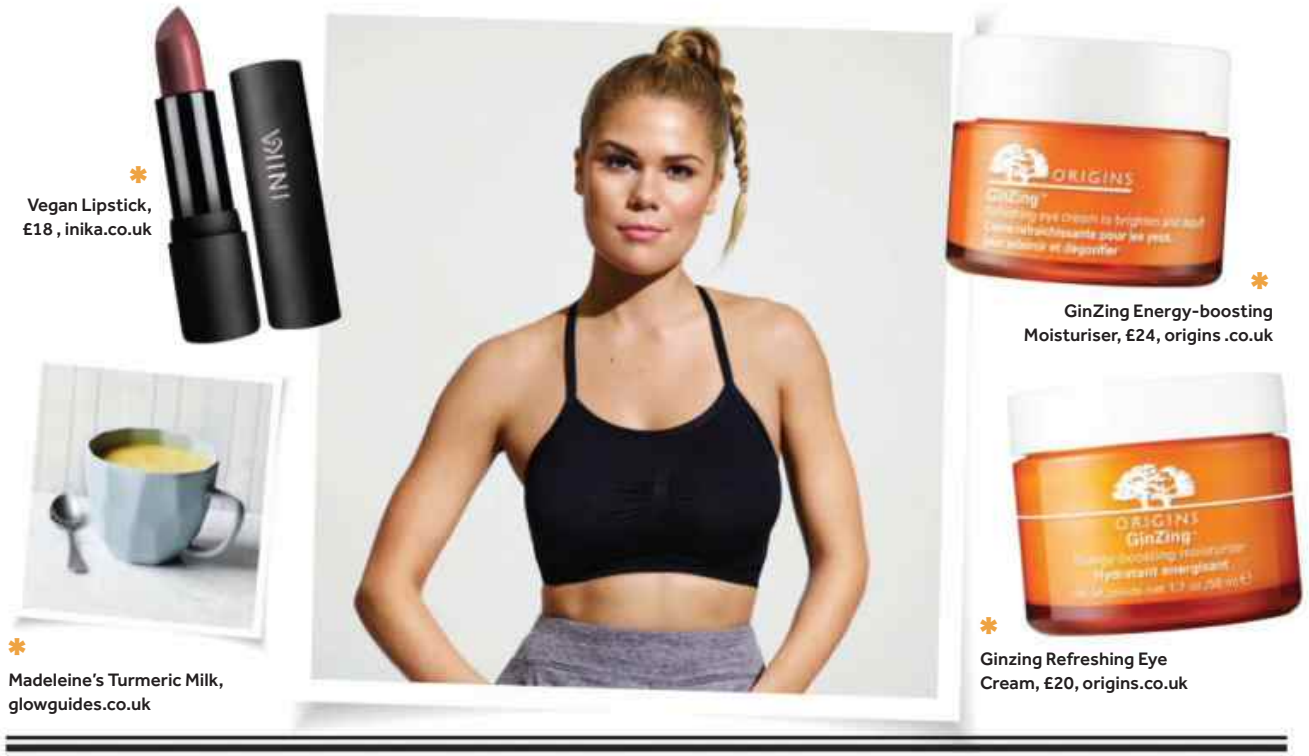
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Ginzing Refreshing Eye
Cream, £20, origins.co.uk

THE BEAUTY LAWS I LIVE BY

Avocados, herbal tea and happy hormones – just a few things that give Madeleine Shaw her radiant glow

I start my day with avocados and eggs. Avocados are a great source of biotin, which helps to prevent dry skin, brittle hair and nails and protein helps keep me full all day.

I don't wear a lot of make-up, but when I do decide to wear it I like using natural products. When I was in Australia I used this amazing brand called Inika, and I've only just managed to track it down in the UK.

Swap tea and coffee for herbal tea. I'm not a big tea or coffee drinker, but if you can't go without, have just one cup in the morning. A lot of people drink green tea because they've heard it's good for you, but what's the point of drinking it if you don't like the taste? My favourite is liquorice and peppermint by Tea Pigs – I could probably drink 10 cups a day! If herbal tea isn't your thing, I also enjoy beginning my day with my Glow Guides Turmeric Milk which gives you a great morning boost!

I love skincare! I have a morning and evening skincare routine; cleanse, tone and moisturise. I like using natural products on my skin – did you know that your skin absorbs

70 percent of what you put onto it? Two products I love are Origins GinZing moisturiser and GinZing eye cream.

Move your body every day to help produce serotonin – the happy hormone. Book in times to exercise into your diary like you would a meeting – that way you won't miss it! I've made the Glow Guides programme really simple to fit into everyday life. All of the workouts and meditations are featured on the app so you can get your workout in on-the-go – any time and anywhere!

Keep phones out of the bedroom. I've recently started doing this and I insist that my boyfriend does it too. If you look at your phone in bed, your mind will keep racing before you fall asleep, not to mention the light it emits will make it hard for you to sleep after you turn it off.

I set aside some time in the evening to prepare overnight oats that I can take to work, along with my lunch for the next day. I like making a big batch of something at the beginning of the week like soup or curry and enjoying it all week long.

MADELEINE SHAW'S EIGHT-WEEK TRANSFORMATIONAL PROGRAMME, GLOW GUIDES, IS A POCKET PERSONAL TRAINER, NUTRITIONIST AND LIFE COACH ALL IN AN APP. AVAILABLE FOR DOWNLOAD IN IOS AND ANDROID (£49.99, GLOWGUIDES.CO.UK)

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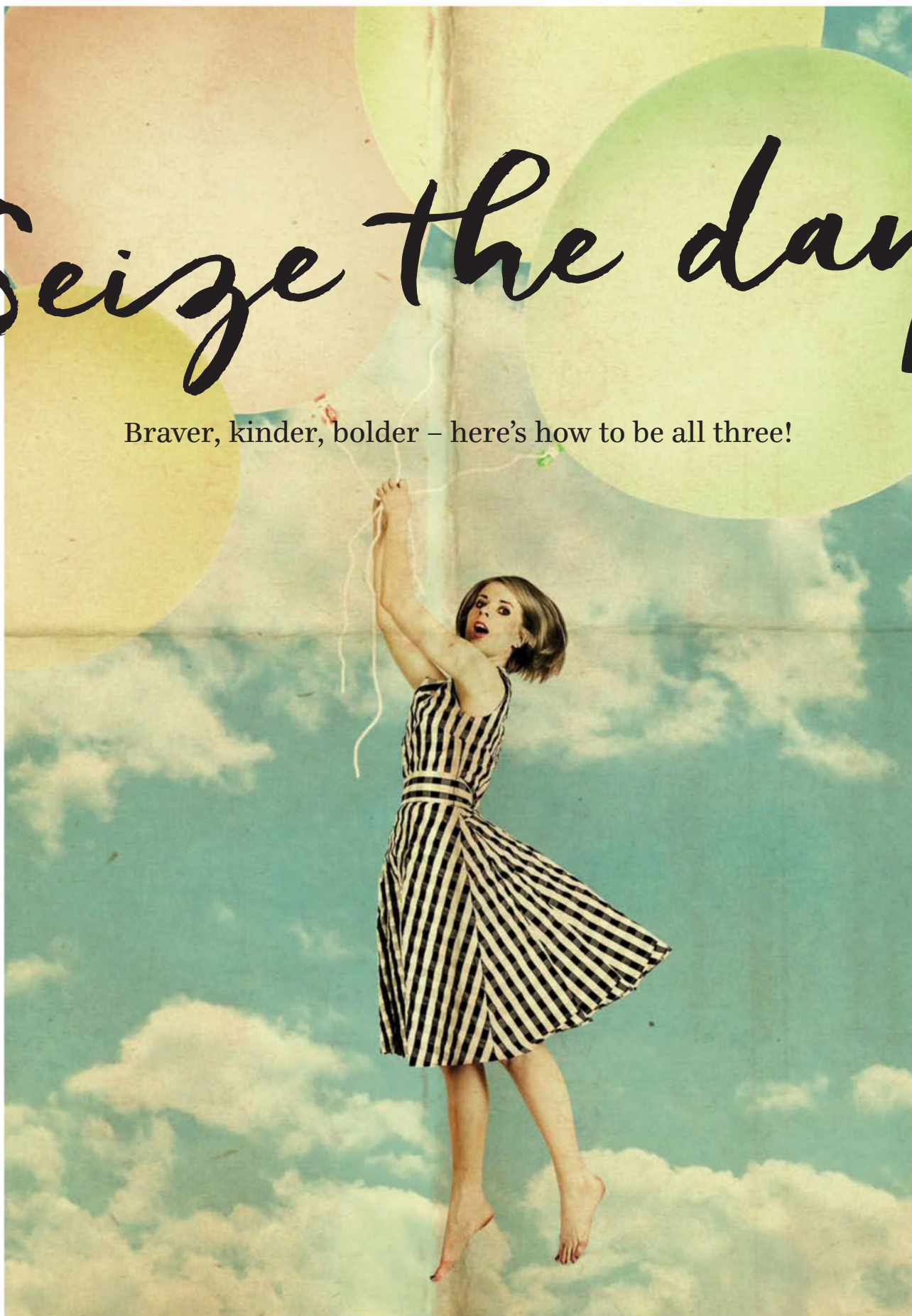
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Seize the day

Braver, kinder, bolder – here's how to be all three!



With the hustle and bustle of daily life it can be easy to lose sight of what's important. We've rounded up our favourite experts to help you thrive in every area of your life.

1

DO IT INCREMENTALLY

"By doing what you fear bit by bit you're not letting the fear stop you but are actually taking brave actions," says Cognitive Emotional Behavioural Performance Coach & Wellness Specialist, Akcelina Cvijetic (akcelina.com). "For example, if you're afraid of heights, go slightly higher than your comfort zone allows. Next time, go a little higher. It will help you realise how small the risk is and make you braver."

2

BRAVE REMINDERS

"Whenever you do something brave, write it down, celebrate it, take a picture or find a keepsake," advises Akcelina. "It will remind you how brave you were in that situation. Whether big or small, brave moments are the building blocks for future bold acts. Next time you are scared, remind yourself 'If I could do that, I can do this too!'"

"Whenever you are brave, write it down, celebrate it or take a picture"

3

RECLAIM YOUR BRAVERY

"There's certainly something in the notion, that the older we get, the more fearful we become," explains life coach and TV presenter, Anna Williamson (lifecoachingbyanna.com). "When I was a little 'un, I seemed to have bucket loads of bravado – I was a fearless skier as a kid, but more recently I've tended to embrace the après skier life, sticking to the scenic, 'easy' runs so I don't fall or break a limb. Why? I believe it's because we start to value what we have, and what we have to lose the older we get.

"So, I've realised that I need to do something about this; I need to reclaim my bravery and fearlessness. So, I've given myself a good talking to, explored a healthy dose of perspective and reminded myself of the sheer joy of tackling and achieving things and how it makes me feel once it's completed. Focusing on the good bits, the fun elements, and the (positive) end result is sometimes all we need to give us the boost to be that brave person of yesteryear.

"So, what are you going to do with your newly reclaimed bravery? I'll be taking a deep breath and focusing on the thrill of the speed and skill next time I hit the ski slopes... the après ski can wait until it's really deserved!"

4

FEEL THE FEAR

"Bravery does not mean absence of fear," explains Akcelina. "It means that you are afraid, but do not let fear be the obstacle to stop you and continue to do things in spite of it."

5

CHOOSE TO BE KIND

"One of my favourite acts of kindness (that I received and witnessed) occurred last summer while on a trip to Orlando, Florida," author Kyle Gray tells us (*Raise Your Vibration*, Hay House UK, £9.99). "I was planning on going to Universal Studios for the day with my friend Scott and, as theme parks are not the best for veggie food, we went to the organic supermarket Trader Joe's for a packed lunch. At the checkout my card kept getting declined because we were in a foreign country and I didn't know how I was going to pay for our food. The next thing I knew, the lady behind me had paid for all my shopping! It was so lovely that someone who didn't know us, picked up the bill. Later on, we passed the kindness on by giving a homeless man money for his dinner.

"On a spiritual level, kindness creates a wave of good energy that comes back tenfold. Every day I try to be as kind as possible."

6

BUILD UP CONFIDENCE

"As a life coach I have a responsibility to deliver my sessions to my clients confidently, and in turn, to help them build theirs," Anna Williamson tells us.

"Confidence is such a valuable and vital tool, which, we could all sometimes do with some giving some TLC.

"Having belief in others and indeed yourself, can do wonders for confidence levels. When I started turning my hand to combining my coaching with my TV work, it was an unknown area for me. The coaching I was fine with, the TV presenting, absolutely great; however combining the two together was something that slightly unnerved me at first. My producers and the viewers who responded really believed in what I did and how I was doing it, and it really went a long way in instilling some much-needed confidence in my skills and ability.

"Patience and letting someone work through their task at hand is so helpful in building up confidence. Asking questions and checking in that you've been understood is also key in keeping that good self-esteem bubbling away. I make sure I always know what is expected of me; I'm not afraid to ask questions, and you know what? It really helps to keep my self-esteem in check."

"Ask yourself: 'What would you do if you weren't afraid?'"

7

ASK QUESTIONS

"What would I do if I was not afraid? What would I be capable of achieving? What do I need to make it happen? Write down your

answers and imagine yourself doing these things in a brave manner," advises Cvijetic.

8

WRITE IT DOWN

"As humans, we're hard-wired with a negativity bias, which is why it's so easy to forget the praise we receive and focus on criticism instead," explains Gala Darling, author of *Radical Self-Love* (Hay House UK, £10.99). "To help build up a more positive view of yourself, write down every compliment you're given and stick the list up on your wall. Make a habit of constantly adding to this piece of paper and reading it aloud to yourself every morning. After a while, you'll start to believe the wonderful things about yourself, instead of blushing. Here's one to get you started: 'you're so much more magnificent than you know!'"

"As humans, we're hard-wired with a negative bias, which is why it's so easy to forget the praise we receive and focus on criticism instead"

9

REMEMBER TO BREATHE

"Nadi Shondhana Pranayama is an alternate nostril breathing exercise which de-stresses the mind and releases accumulated tension and fatigue," Katarina Rayburn tells us. "It clears the energy channels in the body which, in turn, clear the mind.

"To carry out the exercise, sit comfortably with a straight spine, relax your left hand on your knee or take your thumb and index finger together, place the tip of your index and middle finger of your right hand in-between your eyebrows and use the thumb to open and close your right nostril and the little finger and ring finger for the left nostril.

"Close the right nostril with the thumb and exhale through the left, then inhale through the left, close the left nostril and exhale through the right, then inhale through the right, close the right and exhale through the left. This is one round of Nadi Shodhana. Continue inhaling and exhaling through alternate nostrils making sure that you inhale from the same nostril from which you exhaled. Complete as many rounds as you see necessary up to nine rounds. Keeping the eyes closed throughout. The exercise is great to prepare you for meditation. Once you have finished the alternate nostril breathing release the right hand down and breathe normally through both nostrils, noticing the energy in the body."

Katarina teaches Rocket Yoga and Vinyasa Yoga at St Johns Church – visit slicelive.com for more information.

BOLDER, KINDER, BRAVER IN 5 MINUTES!

- ☐ Take a picture of yourself doing something brave
- ☐ Write down positive comments from the day
- ☐ Face your fears
- ☐ Do something kind for someone else
- ☐ Breathe!

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3 JUICE FROM CONCENTRATE FOR COLD PRESSED JUICE

This juice is created by putting high-quality organic ingredients under pressure instead of heat, which ensures that the final plant-based product stays raw, delicious and nutritious. plenishcleanse.com

4 BUTTER FOR AVOCADO

The mild and creamy nature of this fruit makes it a wonderful substitute for butter and tastes sublime on toast or whipped into lime cheesecake. It features lots of vitamin E, which is fantastic for the skin, and healthy fats, too.

5 SOY SAUCE FOR TAMARI SOYA SAUCE

Tamari is a premium soy sauce, which is made from more soybeans than standard soy sauce, giving it a smoother, richer taste. It also has more flavour-enhancing properties than salt, meaning you can reduce your sodium intake with just a few drops.

Organic Tamari Soy Sauce is £2.75 from yutaka.co

6 CHOCOLATE SNACKS FOR PALEO BARS

Unlike many healthy food snack bars, paleo bars do not contain any dried fruit, which often includes vegetable oils, sugar or sulphites. The Primal Pantry bars are handmade, cold pressed and gluten-, grain-, refined sugar-, soya-, dairy- and vegetable oil-free – winner!

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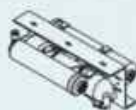
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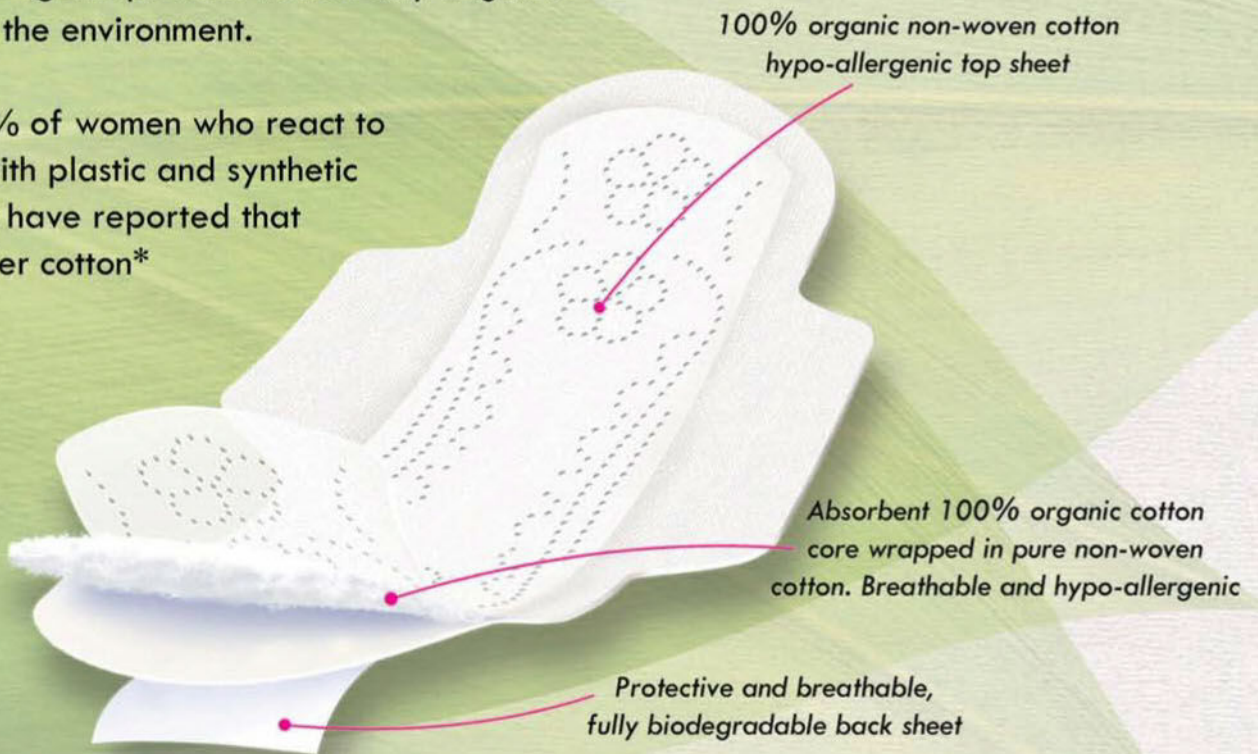
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*EVVITA: Study on Irritating Vulvo Vaginitis and related diseases 2009 - CENBIOTECH, 2100 Digion (France)

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Did you know that conventional sanitary pads can contain the equivalent of four plastic bags? Unlike traditional sanitary pads on the market Organyc pads and panty liners are made using 100% pure organic cotton which has been grown without artificial pesticides and bleached without the use of chlorine greatly reducing the risk of intimate irritations and allergies. The absorbent and soft cotton is highly breathable and all Organyc products are free from super absorbent polymers, perfumes, plastic fibres, cellulose and colouring agents.

Be Natural. Be Organyc.

TREAT YOUR BODY

We take the time to carefully consider the ingredients in our food and the materials in our clothes so healthcare products shouldn't be any different, right?

Are you suffering from intimate irritations, discomfort or have an allergic reaction to your sanitary wear? Well, that may be because most conventional sanitary products contain a whole host of synthetic materials such as rayon, super-absorbent polymers and plastics – many don't even include cotton! When these synthetic and toxic materials are in constant contact with our private area, they can cause skin irritations, redness and allergic reactions and that's the last thing we should have to deal with for such a sensitive part of our body.

A conventional sanitary pad is mainly made from rayon, which is a chemically-treated synthetic fibre that is bleached using chlorine bleach – a process that releases a cancer-causing dioxin. This typically absorbs into the skin and can cause allergic reactions and is imitated to look and feel like cotton. As rayon is highly absorbent it not only absorbs our menstrual blood but also absorbs secretions which can lead to intimate irritations, sores and dryness.

Feel Free

Standard pads contain a high amount of plastic, one can include the equivalent of four plastic bags! As these synthetic materials are not breathable they can restrict air flow, trapping heat and dampness, which results in yeast and bacteria growth that causes discomfort.

So why not change from conventional sanitary pads to a more natural one? Made from only organic cotton, they give comfort and reduce the risk of irritation. There are many natural brands available but Organyc offers a wide range of

natural and organic sanitary wear, where all products are made from only 100 percent organic cotton to offer ultimate comfort and freshness, not to mention unrivalled protection. As organic cotton is a natural fibre, it is breathable, kind to sensitive skin and an all-round healthier choice to many other varieties.



Comfort and Cleanliness

Organyc isn't just your one-stop-shop for feminine hygiene products, there's also a Mother and Baby range, which offers organic baby wipes, maternity pads and breast pads. The Beauty range features an array of buds, make-up removal pads and pleats all made from only 100 percent organic cotton to give the best for you and your family.

Organyc Intimate Care range of Wash and Wipes keeps sensitive skin clean and fresh without the use of parabens, alcohol or SLS.

Organyc is working closely with the Orchid Project to end female genital cutting and is donating five percent from every purchase of Intimate Wash. You can also donate direct by texting 'ORCH10 £5' to 70070 to donate £5 and help end FGC.



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If you do one thing this month...

BUY AN EASTER TREE

Nothing announces the arrival of Easter like fresh daffodil shoots, piles of buttery hot cross buns and a steaming pot of tea. But how about decorating the tree? Don't panic, we're not suggesting you unpack the boxes of tinsel and fairy lights you've stored away in the loft – we're talking about this wooden, pastel Easter tree to brighten up your home. Decorating is half the fun, so why not spend an afternoon lovingly adorning its branches with ribbons, painted ornaments, or these adorable plastic egg hanging decorations (£2.50 each)? We love!



£25, tch.net

STEP INTO SPRING



Olivia Maxi Skirt in midnight, £45, worn with the Double Layer Vest Top in white, £28, both nomadsclothing.com

Spring clean your wardrobe with these new additions...

The shiny new season brings fresh air and new thinking, not to mention new colour codes and combinations. So, throw back your curtains, open the windows and revel in the joy of spring's feelgood style.

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ALBA TROUSERS IN BLUE,
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Asha rouché top in midnight, £40, nomadsclothing.com

JEMMA CAMISOLE TOP IN
CORAL, £22, peopletree.co.uk



BIBICO IRBY DRESS,
£69, bibico.co.uk



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PETAL TEE, £29.90, braintreeclothing.com



FLOWER POWER!

Flowers make us feel happier and less anxious so it's no wonder we love having them around. Make March the month you enjoy fresh bouquets in your home using our blooming brilliant ideas



FIND STRUCTURE

Architectural flowers in geometric vases are very fashionable right now. Fatsia japonica looks beautiful against bold colours or even large bunches in vases on dining tables. These Rose Geometric Bud Vases are £12.95 each, from miafleur.com

EMBRACE THE CALM

If calming colours and whites are your thing, you'll love choosing blooms that go with your colour scheme. Apple and cherry blossoms look particularly great in bathrooms and bedrooms; a few stems in a tall vase is all you need for a big impact. Star by Julien Macdonald £32, and all other accessories, Debenhams



SWEET DREAMS

According to the Sleep Council, filling your bedroom with flowers and other beautiful objects can help you feel more connected to your room, and in turn, help you get a good night's sleep. Create a floral theme in your bedroom with foxgloves, hydrangeas and this Carrie Bedding Set or Waterflower Bedding set (both from £40, BHS).





PERFECT PEONIES

If you're in need of a little good fortune, peonies are – according to flower symbolism – the flower for you. With their large, cabbage-like heads they're perfect for bold over-mantle displays. Why not try matching your flowers with your room's décor? Looking for a floral wallpaper? Go for Posie Buttercup by Sophie Conran for Arthouse (£48, arthouse.com).



CAN DO ATTITUDE

Break up large bouquets by popping small groups of flowers into smaller pots to dot around your home. Short on small vases? Get creative with jars, washed out tin cans or invest in these beautiful Summer Glass Vases – just £9.75 from Berry Red.



DRESSED TO IMPRESS

Make small posies for guests to keep when they come over for dinner. They're the perfect table decoration and you can add little place cards to them too. The flowers pictured here are called billy balls and they're set against the Copenhagen dining range (from £3, Sainsbury's).



STAND TALL

You don't need a lot of flowers to make a big impact. Sometimes just a few posies that have plenty of height can make all the difference. Just be sure to pop them in a tall, thin vase that will keep them standing upright. We love the George textured column vase (£35) and the Geo vase (£25), both House of Fraser.



WHY ARE FLOWERS SO GOOD FOR US?

Research from Rutgers, the State University New Jersey, found that flowers really do trigger happy emotions. Further research shows that a bunch of fresh flowers can help make us feel less anxious and even boost creativity. But how? Scent affects the cortex and limbic system of the brain and, providing it's a smell you like, can activate the parasympathetic response – triggering the feelgood factor. A fresh bunch really could be the natural health service!

Jane Alexander is the author of numerous book on health and wellbeing. See her website at <http://exmoorjane.com> or follow her on twitter - @exmoorjane

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JAMAICAN

US CRAZY

Innovative food brand **More Than Meat** has launched its new vegan Jerk Burger, the first of its kind available in the UK

It might look and taste just like a traditional jerk burger, but the proteins from this perfect patty come from plants and wholefoods, instead of animals. With a rich and spicy taste which includes a wide spectrum of flavours, intensified by thyme, lime juice and chilli, the carefully balanced mix of plant proteins, red kidney beans and spices create a satisfyingly tasty flavour akin to the vivacious characteristics of the typical Jamaican style jerk seasoned meat.

The new Jerk Burgers from More Than Meat were unleashed onto the veggie scene when offered as tasters to visitors at the recent Food Matters Live exhibition and have generated a buzz ever since. Due to a huge amount of overwhelmingly positive feedback the immensely succulent burger was swiftly given the green light. As with the rest of the More Than Meat range, which includes burgers, sausages and casseroles, the Jerk Burger is aimed at creating another option for people who are looking to reduce their in-take of meat, while offering interesting meat substitutes for seasoned vegetarians and vegans.

Flavour forward and fantastic

Barry Honeycombe, the founder of More Than Meat, decided to develop the Jerk Burger after spotting a gap in the meat-



free convenience food market. "Jerk Burgers have a great flavour that's really rare to find in vegetarian or vegan convenience foods. We developed our burger to fill that gap and offer our customers a flavoursome and wholesome meat-free alternative, that doesn't compromise on taste."

The patties taste spectacular; add a little cooling mayonnaise and top with a citrusy coleslaw and a scrumptious wholemeal bun and you've got the ultimate alfresco springtime food – they taste amazing when shared with friends!

Plant power

The range uses a blend of plant-proteins and wholefoods to make tasty meals and snacks. The foods are high-protein and free from cholesterol, added fats, eggs, dairy and meat. The collection of plant-based foods allows you to seamlessly remove meat intake from your life and makes dieting easy with its delicious and



filling foods – it really doesn't have to be all or nothing with More Than Meat's range of tasty, healthy foods.

The nature of a plant-based diet makes for a brighter future. It enables our body to operate at peak performance and gives us longevity in life. By cutting out meat, it means you're less susceptible to chronic diseases that are now so clearly linked to poor food choices. Give the range a try and see how you feel!



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Davina
xx

SPRING BOOKS TO FALL IN LOVE WITH

Clean out your bookcase, you're going to need some space for these absorbing reads

THE VERSIONS OF US

BY LAURA BARNETT

Do you ever while away hours of your day wondering 'what if'? Thoughts of what path you may have taken instead of the one you're on, sending you down the rabbit hole of your imagination. Laura Barnett's debut novel explores the notion of what if you'd said yes and how those moments can determine the rest of your life. Her characters, Eva and Jim have a chance meeting at university, but their love story has three possible endings which will keep you gripped until the tear-jerking conclusion. £7.99, Weidenfeld & Nicolson.

SUGAR FREE

BY SUE QUINN

Calling all sugar junkies! Put down the doughnut, step away from the biscuit tin and chuck out the chocolate Easter eggs. It's time to get out of your sugar rut – and this book can show you how! Quinn presents more than 60 sugar-free recipe ideas for a cleaner, healthier lifestyle. Plus, to avoid those pesky store cupboard culprits, she advises making your own alternatives to eliminate the problem. £9.99, Hardie Grant Books.

THE HAPPINESS TRACK

BY EMMA SEPPALA

Ah, happiness – the elusive goal we're all striving for! If the path to contentment has thus far evaded you, 2016 is the year you'll be accelerating your joy, with a little help from this book! Forget crafting a career that matters and living in the moment – that's far too much pressure to put on yourself! Seppala instead encourages us to take care of ourselves in order to thrive. £13.99, Piatkus.

REAL DELICIOUS

BY CHRISSY FREER

Whatever happened to eating real food? Gone are the days when you devoured what you foraged. Now we have the luxury of living with abundance – but that brings about its own challenges. Food writer Chrissy Freer explores the modern world of whole foods through a collection of more than 100 recipes for optimum health and wellness – enjoy! £14.99, Murdoch Books.



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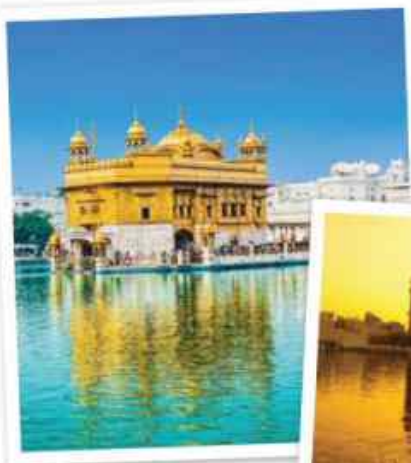
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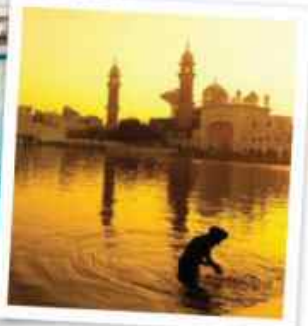
Hot on the **SPICE TRAIL**

Booking your next holiday? Nowhere is as diverse, thrilling and veggie-friendly as India, so come with us as we explore the origins and ingredients behind some of the bucket-list vegetarian dishes you need to try...



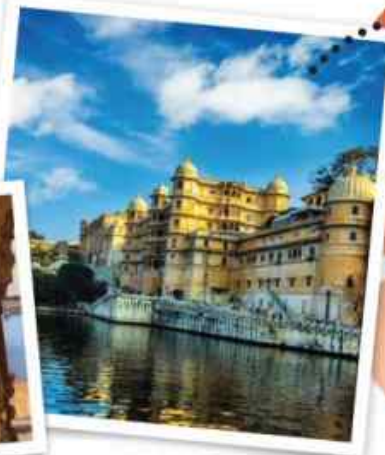
DAL MAKHANI FROM PUNJAB

This is a popular recipe in the Punjab region and translates to 'buttery lentils' – so no free naan for those who can guess that its primary ingredients are whole black lentils, red kidneys beans, butter and cream. It's recognised as a quintessentially Indian dish, with many opting to eating it on days with significant meaning, most notably birthdays, weddings and national holidays. It's traditionally cooked very slowly, sometimes taking up to 24 hours, however with modern cooking equipment it's now more common for it to take around three hours.



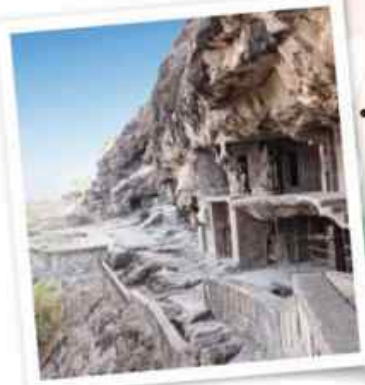
KADHI FROM RAJASTHAN

If you're looking for a satisfying dish which strikes the balance between sweet and spicy, this one's for you! A hot kick is levelled out by a thick gravy curd based in chickpea gram flour, creating flavours as synchronised as a dance routine. The meal is enhanced with the introduction of pakoras and koftas, which you can mix together with some sour yoghurt.



KOLHAPURI FROM MAHARASHTRA

Comprising of mixed vegetables served in a thick, spiced gravy, Kolhapuri is usually served with chapatis to complement the pungent flavours. The dish originates from the city of the same name, and the area is renowned for its fiery cuisine.



AVIAL FROM KERALA

With elephant yam, plantain, pumpkin, carrots, beans and cucumber included in this thick coconut mixture, Avial is a vegetarian's eclectic dream dish! It's generally eaten with rice and made into a gravy and finished off with coconut oil and curry leaves for a little extra seasoning.





THE INGREDIENTS TO BRING THE TASTE HOME

KINEMA

This is a popular soybean-based food, which has been left to naturally ferment by lactobacillus bacteria, to give it a strong smell and slimy texture. It has links to Nepal, but has been ingrained in Darjeeling cookery, too. Due to its gloopy consistency, Kinema is traditionally prepared into a soup with rice, but can also be served as a side dish with bread. It's also considered a health food by many, as the fermentation breaks down complex proteins into easily digested amino acids.

PANEER

A fresh, soft and fluffy indigenous cheese, made from cow's milk; it's synonymous with north India and recognised for its mild character, which balances and absorbs strong flavours excellently. It's made without rennet, by curdling hot milk with lemon juice, vinegar, yoghurt or citric acid.

KHAMAN

Hailing from the Gujarat state of India, this snack is made from freshly ground chickpea gram flour and served with onions, chillies, sev, salt and chutney. A mixture of rice and lentil flour batter gives it a steamed and spongy texture with a gorgeous, subtle taste – it also makes a great component for a mixed platter of veggie deliciousness.



FOOD FESTIVITIES

India is a passionate nation when it comes to celebrating food, spirituality, environment and tradition. Intrepid foodies should plan a trip to fall on a date when the people are enjoying a national festival.

PONGAL

Celebrating the renewal of the earth, the transition of winter to spring and a plentiful harvest, Pongal pays respect to the sun, rain and land for the harvest and crops. This traditional festival is typically celebrated in the southern regions of India. Pongal is a rice-based dish cooked using the crops that the new harvest has brought in clay pots. The event is spread over five days, each one holding a certain relevance or symbolism, for instance the second day, Surya Pongal, is a day to thank the sun and to offer your dish to the sun deity as a way to mark a thanks giving.

ONAM SADYA

Sadya translates to banquet in Malayalam; a vegetarian feast made in huge quantities for weddings and other special events, especially the Onam festival celebrated in Kerala. An array of vegetarian dishes are traditionally served on a banana leaf, with eaters sitting cross-legged on mats. No cutlery is used; only the right hand is used acting as a ladle, with just under 30 dishes served as a single course. More extravagant events call for more dishes, with over 64 foods in some regions – sounds like our kind of banquet!



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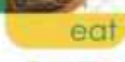
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LIVE LIKE A LOCAL IN... LONDON

London's green scene has a lot more to offer than just salads and side dishes, but the best veggie restaurants might not be the ones you think...

Forget Brighton, move along Bristol and step aside Glasgow – there's only one veggie destination we're interested in this month and that's our glittering capital city. Anyone who thinks meat-free dining is flavour-free obviously hasn't visited these London hangouts! So, allow us to introduce you to a sampling of the Big Smoke's fantastic vegetarian finds:

Shop Til You Drop

Whether you're visiting for a day of shopping, exploring the famous landmarks or squeezing in a West End show, the vibrant capital city has a plethora of experiences to keep you entertained.

Just a short stroll from Oxford Circus and tucked in a mews just off Regent's Street is tibits. Established with a little help and advice from Hiltl (the oldest vegetarian restaurant in the world), you'll find a huge buffet of delicious and inspiring hot and cold foods. Grab a plate and pile it high with anything you fancy, then take it to the till to weigh-and-pay. If you only have time to eat out at one restaurant, here you'll get to try as many different foods on one plate as you like, all in relaxed and stylish surroundings.

Food Glorious Food

Ready to take meat-free to the next level? Head to Mildreds – it first opened its doors in 1988 and has since become a bastion

of meat-free dining. You can't book at this popular Soho haunt, but this offers the perfect excuse to enjoy a cheeky cocktail at the bar while you wait for your table. Expect to see veggie favourites on the menu, such as halloumi burgers, Sri Lankan sweet potato curry and pumpkin, ricotta and sage tortelloni – delish!

Still feeling peckish? Hop on the Northern Line to Chalk Farm and explore the infamous Primrose Hill. The hill summit in the affluent area boasts a stunning view of central London – you might even spot a few famous faces while you're there. This exclusive part of the city is also home to Manna – the longest established veggie restaurant in London, so it goes without saying that this gourmet food is on the money.

Learn a skill

If you're interested in learning something new, book yourself into the London Vegetarian School. There's a course to suit every ability and taste, as the unique school integrates cuisines from all over the world, taking vegetarian and vegan cooking to new heights. Courses range from mornings to week long professional courses – book yours by visiting londonvegetarianschool.co.uk



TOP: The Elizabeth Tower at the Palace of Westminster houses Big Ben
LEFT: Tower Bridge
BELOW: The London Vegetarian Cookery School

Do you live in or around Cambridge? We want your veggie recommendations for next month. Tweet us @veggiemagazine or find us on Facebook



OVER TO YOU

@FoodDoctorUK: Vantra, Mildred's, Wild Food Café, Manna, Nama. Oh gosh the list is really endless!

@amyefraser The Gate in Angel is awesome!
#vegetarian #eatlikealocal

@helen_e_brown Vanilla Black near Chancery Lane is my fave!



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Feeling Lucky?

This month we're giving away a luxury hotel stay!

Win a luxury Cotswold break!

Wyck Hill House Hotel and Spa is a 60-bedroom, four-star country house hotel located in the heart of the Cotswolds, where head chef Mark David Jane and his team have been awarded two AA Rosettes for their delectable food, with plenty of vegetarian options always available.

This month, we're offering one lucky reader the chance to win a luxury break for two, with two nights' sumptuous accommodation in The Wyck Suite, full English breakfast each morning, a three-course table d'hôte dinner each evening, Cotswold afternoon tea on arrival, Prosecco in your room and a pampering back, neck and shoulder massage, facial and manicure or pedicure for each guest.*

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WYCKHILLHOUSEHOTEL.CO.UK

* Prize (based on two sharing) valid until December 22nd, 2016, excluding Bank Holidays and subject to availability. Spa treatments must be booked in advance.

**Offer (based on two sharing a double/twin Garden room) valid until December 22nd, 2016, excluding Bank Holidays and subject to availability of allocated rooms. Spa treatment charges and a single supplement apply.

READER OFFER

All readers can save 30 percent on a romantic stay at Wyck Hill House, paying just £72.50** per person, per night for a three-course table d'hôte dinner, overnight accommodation in a Garden Room, full English breakfast, 20 percent off pre-booked spa treatments and full use of the spa facilities.

Located just outside the market town of Stow-on-the-Wold, this 18th century property is the very essence of Cotswold life and the perfect base to explore the stunning countryside, close to Broadway, Bourton-on-the-Water, Chipping Campden and Moreton-in-Marsh.

The hotel's excellent restaurant, renowned for friendly hospitality and outstanding service, offers delicious contemporary cuisine using the finest locally-sourced ingredients and is open daily for lunch and dinner.

You will also have full use of the superb spa facilities, with six treatment rooms, including one dual room, a 12-seater steam room, sauna and a relaxation area, offering guests an idyllic and relaxing retreat, with a selection of treatments available to restore your mind and body.

THE WEEKEND PROJECT

Everyone loves this particular small chocolate egg, but why not make your own? They'd be a showstopping finish to your Easter bank holiday lunch!

Fondant Filled Easter Eggs

E EF V F T GF

FOR THE FONDANT FILLING

200ml golden syrup
100g unsalted butter, at room temperature
325g icing sugar, sifted
¼ tsp salt
1 tsp vanilla bean paste
vegetarian yellow food colouring paste

FOR THE SHELL

450g plain chocolate, chopped

YOU'LL ALSO NEED:

12 x 5.5cm Easter egg moulds or 1 large mould
(available from all good kitchenware shops)
2 piping bags

1 First, make the fondant. In a medium bowl, whisk together the golden syrup, butter, sugar, salt and vanilla until well combined. Place a quarter of the mixture in a small bowl and mix in a tiny amount of food colouring, bit by bit, until you reach the desired colour of an egg yolk. Refrigerate both mixtures for 30 minutes.

2 Next, make the shell. Melt and temper the chocolate. Pour a small amount into each mould and tip around to coat the sides, pouring any excess back into your bowl. (Popping the mould into a small bowl helps to hold it steady.) Leave to set in the fridge, then fill the egg moulds once more to give a nice thick shell of chocolate. Leave to set again, then remove the chocolate shells from the moulds. Each chocolate mould will make half an Easter egg shell.

3 Now, assemble your egg. Remove the fondant mixtures from the fridge. Spoon the white and yellow mixtures into two separate piping bags with the ends snipped off. Pipe the white fondant into six of the small chocolate moulds (or one large), filling them to about three quarters of the way up. Pipe a blob of the yellow mixture into one half of each mould.

4 Using a hot knife or spatula, warm the surface of a mould, then place another mould on top to seal and make a complete Easter egg shell. Repeat with the remaining moulds.

Per serving (6 servings): 851 cals, 44.5g fat



3 OF THE BEST EASTER EGGS



SAVE

Waitrose Raspberry Freeze Dried Egg, £7, Waitrose

This fruity Freeze Dried Raspberry pairs incredibly with the rich chocolate in this mid-priced egg.



SPEND

Dark Easter Egg Sandwich £10, Hotel Chocolat

There's no need for vegans to miss out this Easter with this cracking range from Hotel Chocolat.



SPLURGE!

Gold & Velvet Sculptured Milk Chocolate Egg £15, M&S

If you consider yourself a choccy connoisseur, this is the egg for you!

Veggie

* RECOMMENDS *

Here you'll find an exciting selection of the best veggie food, appliances and places to visit this month



PERFECT PIE

A comforting combination of soya mince in rich onion and beef-style gravy, the Linda McCartney's Deep Dish Country Pie is topped with a fantastically crunchy puff pastry lid to seal in the tastiness. Serve it alongside crispy roast potatoes and peas for a warming midweek meal. It was also voted the Best Vegan Pasty or Pie at the coveted PETA Vegan Foods Awards 2014 – high praise indeed!

Visit your nearest Waitrose and pick up a pack for just £2



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FEELING SAUCY

Sunita's new Fresh Organic Tomato sauces are produced and bottled within 48 hours of picking – they're delightful mixed into a spaghetti bolognese!

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GORGEOUS AND GLUTEN-FREE

Perfect for breakfast or great to add to an afternoon's baking project, these Jumbo Gluten-free Oats from Suma have a wonderfully nutty flavour and they're made using traditional methods in Scotland.

Get your packet for £3.45 from sumawholesale.com



PURE SENSATION

If you're conscientious when it comes to how pure the water you're drinking is then look no further than this handy gadget. Pure H2O Rodi S is the world's smartest drinking water purification system and fits neatly under the kitchen sink and cleans tap water to make it crystal clear. Its unique process removes impurities both naturally occurring and man-made, including heavy metals, agricultural and industrial pollutants, drug residues, pesticides and bacteria. This produces the purest water possible, which tastes amazing and supports good health!

It can be purchased, or rented from £39 per month from pureH2O.co.uk or call 01483 617000

RECIPE OF THE MONTH

NETTLE AND SHEEP'S CHEESE TART

This recipe was written for ESSE cookers by Gill Meller, head chef of River Cottage. Visit esse.com for more lovely recipes.

WILD NETTLES
ARE AT THEIR
FINEST IN EARLY
SPRING



SERVES 6

- * 150g butter
- * 300g plain flour
- * Pinch of salt
- * 300g plain flour
- * 1 free-range egg yolk
- * 150ml milk

FOR THE FILLING

- * 750g of picked nettle tips, washed
- * 1 large onion, finely sliced
- * 2 garlic cloves, finely chopped
- * 100g hard sheep's cheese, grated
- * 1 pinch of dried chilli flakes
- * Knob of butter

- * Pinch of freshly dried nutmeg
- * Squeeze of lemon juice
- * 2 free-range eggs and 2 free-range egg yolks
- * 200ml cream
- * 100ml milk

TO MAKE THE SHORT CRUST

- 1 Place the flour, butter and salt in a food processor and pulse to a bread crumb consistency.
- 2 Add the egg yolk followed by the milk in a gradual stream.
- 3 Stop as soon as the dough comes together.
- 4 Turn out and knead a couple of times and add a little more seasoning.
- 5 Wrap and chill in the fridge for half an hour.

6 Roll out the pastry and line your tart case. Leave the edges over hanging. (You can cut these off later - this eliminates the need for baking beans).

7 Prick the base with a fork and bake blind for about 15 mins on the floor of the top oven reading 'HOT'. (This will help to dry out the pastry base) or until the base is dry but not coloured. Trim the edges.

TO MAKE THE FILLING

- 1 Blanch the nettle tips in boiling water for 2 mins. Remove and refresh in a large bowl of iced water. Drain and squeeze any excess water from the nettles.
- 2 Roughly chop the nettles. Melt the butter in a pan over heat and soften, lightly colour the onion, chilli and garlic. Add the chopped nettles and season with lemon juice, salt, pepper and nutmeg.
- 3 Spoon the filling into the tart case, top with the cheese.
- 4 Combine your eggs and yolks with the cream and season to taste.
- 5 Fill the tart case with custard.
- 6 Bake straight away at 180C for about 30 mins.
- 7 The custard should be set when you shake the tin.
- 8 Allow it to cool before you eat it - it tastes much better then!

WEBSITE OF THE MONTH

Bearfaced Groceries


bearfacedgroceries.co.uk

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JOIN THE VEGGIE COMMUNITY

WE WOULD LOVE TO HEAR FROM YOU – GET IN TOUCH AND WIN A PRIZE!

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PISTACHIO POWER


 Most people set healthy, good intentions when the New Year rolls around, but I've found myself in full hibernation mode in the first few months of 2016. I've been feeling more tired than usual, and yep, you guessed it, snacking on more of my favourite sugary treats. I loved reading Davina's feature in the February issue, *For the Love of Carbs*, and decided to give the pistachio power balls a whirl. And, do you know what? They were so delicious and filling, that I haven't felt the need to indulge in chocolate – thanks Veggie!


Laura Wyatt, via email

WHAT'S TRENDING ON VEGGIE


This month, we wanted to know what your ultimate weekend recipes were, and you didn't disappoint...

 @laceyenne1027 Spicy chilli pepper, black bean, and sweet potato stew! #veggieweekend

 Natasha Osborne
Veggie quinoa chilli, with roasted butternut squash and Greek salad – delish!

 Elizabeth West
Spicy Mexican bean burgers, topped with tomato, Cheddar cheese and avocado, with a generous side of sweet potato fries – all home-made!

SWEET TEMPTATIONS

 The more I read about sugar, the more I think I should give it up. But the idea of ditching the sweet stuff doesn't fill me with much joy. Then I stumbled across the *Could You Live Without Sugar?* feature and was delighted to see the mouth-wateringly delicious cake recipes, that were completely free from sugar! I'm planning on whipping up the Cardamom and Sea Salt Ganache Tart for my friends and family this month.

B Taylor, via email

EAT YOURSELF BEAUTIFUL

I've recently adopted a vegan diet and I always find your wonderful recipe inspiration so helpful when planning my meals. But, I must admit, I've been at a bit of a loss when it comes to other areas of my life. Imagine my delight when I stumbled across the *Natural Beauty* feature in the February issue. I hadn't even thought to look to my kitchen cupboards for my beauty routine as well as my meal plan!

Christine Allan, via email

THE BIG QUESTION

We asked you what comfort food helps to brighten grey-sky thinking – we were impressed with your answers!

@lifestyle_food
chopped #Quorn gammon steak and chestnuts on a bed of baby leeks and spring greens



@lady_veg
Vegan pizza with cashew cheese.

@bonne
bouchebook
shiitake & kale



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Your spring recipes

Here you'll find all the recipes in this month's Veggie, but keep your eyes peeled for lots more foodie ideas, tips and advice throughout the magazine



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Veggie



GROW YOUR
OWN CAKES



DISCOVER
NATURAL
HOMEKEEPING



WHOLEFOOD
RECIPES FOR
WELLNESS

ON SALE
24TH
MARCH

RECIPE SYMBOL GUIDE

- E** Eco friendly
- EF** Egg-free
- V** Vegan
- F** Freezes well
- T** Time saving
- GF** Gluten-free

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Rose Elliot's EAT NATURAL MASTERCLASS

Get more from your meals
with Rose's guide to eating
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Listen up, Veggies! It's time to be kinder to yourself.

We're all so hard on ourselves, aren't we?

We expect ourselves to live up to impossibly high standards, measuring ourselves unfairly against other people, and finding ourselves wanting more. This time of year especially, we may put on the pressure because we may not have managed to keep our New Year resolutions, which were probably unrealistic in the first place!

So let's take another approach, shall we? This one works, trust me! Instead of criticising or even hating ourselves, let's try loving ourselves instead. Listen to your 'self-talk': do words like 'should', and 'ought' figure prominently – and even 'stupid', 'lazy', or worse? Well, ban them – they're not true, I promise you! Take a breath, and feel the tension go. Then think of something or someone you really love; feel the warm glow in your heart, then feel it flowing to you. Breathe again; breathe in that love; take some more gentle loving breaths.



EAT WELL, EAT CLEVER *Rose's fruit flavoured water*

SERVE UP A JUG OF HERB-INFUSED VITAMIN WATER



Put two cupfuls of fruit into a deep glass container. Bruise with a wooden spoon to release the flavours. Add some ice cubes then fill up with pure water. Set aside for up to three days for flavours to infuse, though you can drink it earlier. Strain into a tall glass and enjoy. Follow your heart when choosing ingredients: apple and a stick of cinnamon; kiwi fruit and strawberries; peach and mint; pear and raspberry; passion fruit and lime; watermelon... please your senses, make it look and taste beautiful and have fun!

Rose's latest book *I Met a Monk* (£9.99, Watkins Publishing) is out now. Visit imetamonk.com for more information.



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